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# Grass Roots

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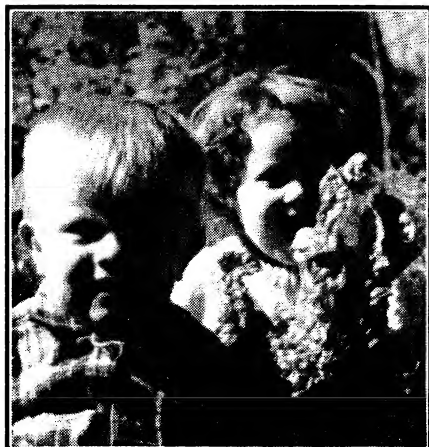
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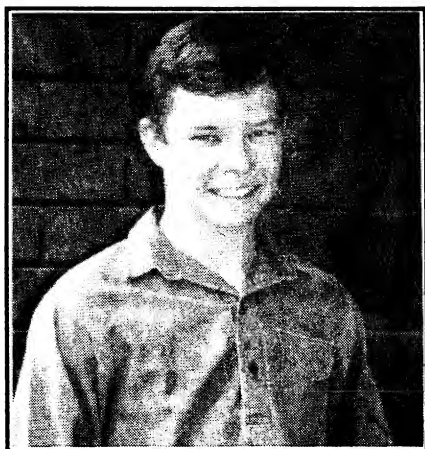
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**Front Cover:** Peter Davis and Alison Glover – dedicated to recycling, using, material from renewable resources, less waste in the industry and more energy efficiency in home design. Photo by Greenpeace photographer Tracey Schramm.

**Back Cover:** Wind farm at Ten Mile Lagoon, near Esperance in Western Australia - green power from the wind is being fed into the grid reducing the emission of greenhouse gases. Photo courtesy Western Power.

\* \* \*

Edited by Megg Miller and Mary Horsfall.

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One of the pleasures we enjoy in the office is eating, and in particular, sharing cakes and slices different team members bring in. We don't have indulgent fare every working day, that's restricted to birthdays and special occasions but it is indeed a lean week if nothing edible is proffered at one morning tea. In the past these contributions were of a healthy nature, wholemeal scones, pumpkin pie, carrot cake. Occasionally a treat like caramel slice slipped through, but honey and wholemeal were the order of the day. It was probably Kim who first broke down barriers, turning up at our Christmas luncheon just after she started with a chocolate cream concoction normally only glimpsed in fine restaurants. Gradually our standards have slipped over the ensuing couple of years and while several of us wouldn't have white flour in the house we've unbent sufficiently to enjoy the occasional deadly delight. David's cooking has been our downfall. He turned up late last year with a cake equal to the best anywhere and this year has won us over with a couple of creations with multiple layers of meringue and rich cake swamped in butter cream that just melts in the mouth. Those here who must bake regularly for families confess to relying on shortcut cookery – crustless quiche, self-saucing puddings and other quick and easy favourites. David's many-tiered cakes are out of their league because of time constraints and thus are a source of admiration and wonder. If there is anything slipshod about this issue you'll know it has resulted from creamy fingers or inattention due to snoozing at the desk.

A note we received from reader, Leonie Halley (NSW), recently suggested our mindfulness is just fine. 'As a fellow proof reader from way back I really commend you on the high standard of proof reading. It is a dying art these days and it's a pleasure to see the job so well done.' Margaret and Mary spend many hours checking and rechecking and even then errors slip through but we do put great effort into producing easy to read, correct English. Perhaps while we're on spelling, this is the ideal opportunity to remind classified advertisers to clearly print or type their offerings so we do not misread them. Mistakes are occasionally made and cause great inconvenience

all round so, if we are to live up to Leonie's generous praise, we need optimum assistance from our contributors.

Several issues back I discussed the necessity of correspondents including an SAE when requesting replies from the office or particular readers. The response to this has been excellent and we can but hope it has been paralleled amongst Feedback correspondents. Margaret, who has the unenviable job of accepting or rejecting articles and poetry, reports positive support in this area too. It is immensely pleasing that people are prepared to practise this little courtesy. Remember too that the inclusion of an SAE usually results in speedier replies.

Replies or letters we do not wish to encourage are those relating to chain letters. Come on folks, few if any GR readers want to receive this unsolicited mail. For most the delivery of such junk is an annoyance but there are a minority who are greatly distressed by the prophetic promises or threats contained within them. We must remind those participating in the exchange of chain letters that it is illegal to promote and be involved in such schemes and that there is a maximum penalty of \$10,000 for those brought to justice under the Fair Trading Act. The Office of Fair Trading in Victoria warns that there is a rush of illegal pyramid selling schemes and up to 10 chain letter-style scams currently in circulation, and that they are all frauds. They advise that willing participants are likely to lose their money. We have received numerous complaints from readers and suggest such material is best tossed into the compost bin where it has the opportunity to become useful fertiliser.

The Contacts section has long been a feature of this magazine, and a popular column for years prior to the current acceptance of such meeting points. We like to think it offers readers an opportunity to make contact with like-minded people but are aware many potential users are nervous of the outcome. Not surprisingly, the main concern is personal safety. One user of this column has been kind enough to write down some guidelines to follow which may assuage concern. 'This advice may help readers, and particularly ladies, to feel



more confident and secure and so venture out into that place where dreams can come true.' Because of space constraints we've reproduced the guidelines alongside the Contacts so users can gain optimum benefit from them. Many thanks go out to our generous friend for compiling them.

And what news of candidates for the *Grass Roots* Awards? A disappointing response this time around with just one candidate put forward. Sharon Batt of Euroa has been recommended for the innovation award as a result of her efforts in developing a solar food dehydrator that allows users to preserve their harvest at little cost. There are many other deserving candidates amongst our contributors and we hope you will take up the challenge – and your pens – and inundate our office with entries.

When first shuffling through the points for discussion on this page they appeared an inconsequential lot. No heavy issues or topics of philosophical bent. I would just have to do my best with what was there. Later I realised the value behind this phrase. There is no doubt we live in an imperfect world and often, despite every effort, are not able to change or modify things to achieve the outcome we desire. We can live our lives in hope, concentrating all energies on a single goal or we can re-arrange the picture of our life's dream and make the most of what abounds. Several readers' stories this issue are examples of the latter. And Leonie, in finishing her letter about our proof reading, mentioned the term 'real mortals' which her daughter had coined when young. It is indeed an apt description of many of our readers, folk whose lives have taken unexpected twists and turns but who still live in a full and satisfying way. All power to our 'real mortals'.

# JOURNEY TOWARDS OUR DREAM

by Valencia Cuttriss, Muswellbrook, NSW.

**When it comes to making lifestyle changes couples do not always agree. One partner might feel a need to change, the other might not. Or, having agreed on the need for change, opinions will differ about the direction it should take. The possibilities for friction are numerous and the likelihood is that unless agreement is reached in the planning stages the venture will fail and the relationship will be undermined. However, as Valencia Cuttriss has discovered, a sense of humour and willingness to compromise are essential in working out a solution acceptable to all.**

Self-sufficiency is a wonderful concept. I read a book called *Ramtha*, channelled by J Z Knight, where he said we should all become self-sufficient as only those who are will survive the earth's changes. I started to panic. I mean, I have lived in Australia for ten years and did not even know or hear anything about the alternative lifestyle. I decided to send out a mental prayer for help and when I returned from a trip to India I came across a programme on ABC with Bill Mollison about permaculture. I went straight to the newsagent and bought a permaculture magazine. After reading a couple I found it a little difficult, as they had a lot of articles based on meetings and things I did not care about. I suppose I was looking for more people contact from other folk writing about their journey and trials towards self-sufficiency.

Next I found *Earth Garden*; I loved it and even wrote a letter to the editor, but in my excitement forgot that I was married to a straightlaced, down-to-earth man. He understood the concept of permaculture and so planted 18 fruit trees in our backyard and even built a fence to stop the dogs from digging our vegie patch. I planted a few herbs and tried to compost our scraps, minus a compost bin, but finally gave up because I thought I would rather practise on my own land. I forgot that self-sufficiency starts where you are. If I could not care for a small garden how could I manage ten acres? So I decided to go back to finding myself and learn more about the soul's journey and the game called life. Anyway, to be more practical, our job was where we were and financially we could not afford land.

I began teaching and learning about creating your own desires through the power of mind and so headed towards a different direction. I even held a workshop on Thoughts + Energy = Reality, but forgot to practise it on getting our land. I suppose it was because I wanted

it yesterday. This was five years ago.

Anyway, last year I was suddenly struck with a strong feeling to practise desiring my dream of paradise. We all need to have goals in our lives to keep us going and I was stuck in mundane thinking. It was a force so strong that I ended up buying *Permaculture International Journal* and *Earth Garden* magazines. I read them from cover to cover and found them very interesting. It was four years since my last look at this reading material. I was again craving for more, life was worth living again. Then my wonderful librarian friend showed me *Grass Roots* numbers 101 and 102. I am final-

**'I cannot  
live an alternative  
lifestyle without my pal  
next to me. So now I have  
decided to compromise. . .  
Whatever lessons I need to  
learn in my journey called  
life have to be learned  
right where I am. . .'**

ly hooked. It's wonderful, especially Feedback, with people writing to people, asking information, sharing and caring. Wow! So now I'll be buying all three magazines.

Finally I thought it was time to act. I wrote to Crystal Waters for information and even wrote to Kathryn Spencer who advertises bed and breakfast at Crystal Waters so I could experience that earthy feeling. I did a lot of thinking and approached my loving, caring, wonderful, but straightlaced hubby (I've got to butter him up a bit in case he reads this article.) to see what he thought. You see, I am a New Ager and he is not. I believe God (the Source) is in everything: the earth, people, animals and even my compost, but he believes I am

crazy. I am a vegetarian and he is not. Got the message?

'Dearest I've made up my mind that in four and a half years time (my youngest child will be 17 years old and all our financial commitments will be over) if you don't choose self-sufficiency - I quit, marriage, suburban lifestyle, the works, and I'll do it alone. In the meantime I shall learn about herbal remedies, folk art, cooking and growing herbs and basically become self-sufficient! Dear old husband looks at me with concern (it can't be menopause, she's too young) and says, 'But you knew what I was like when you married me 16 years ago. Why decide to change me now?'. I replied, 'I know but I have changed too in my thinking and now know I have to live to make me happy or come back and do it again. I'd rather do it now. Can you imagine going through zits, school and PMT, again?'

Even when I became a vegetarian seven years ago I asked him and the children if they wanted to do it with me and he replied, 'I've never tasted Thai food. I might marry a Thai lady who cooks meat.' I am Indian by origin, so I decided I had to practise allowing, and became a lonely vegetarian.

I decided that although I love my hubby and do not wish to live away from him I might practise The Silva Mind Control Technique. When he is asleep I shall repeat continuously to him, 'You will move into a community village,' until he agrees. But as I have to practise allowing and free will I can only drop hints, for example: 'Build me a compost bin dearest or I won't cook for you, please'. Well he did build my compost bin and even decided to save for land. Next to our new bird cage we will be planting chokos and snow peas, a start, right?

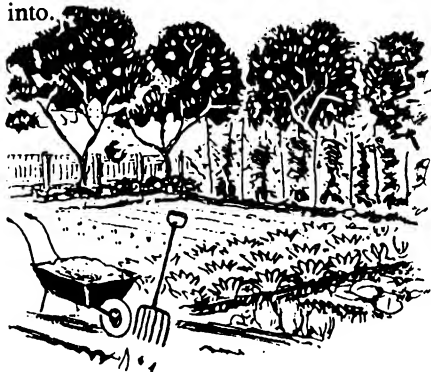
He will also be dropping me off at Crystal Waters for a couple of days while he makes a quick dash to Loganholme to stay with his sister. Deep, deep

down he has a fear of community living. I suppose it is due to the sixties and seventies legacy of drugs, hippies, free sex and swapping partners. Maybe he's afraid I might find a tall, dark and bearded male.

Actually he is a wonderful caring person to all animals and birdlife. After all, who else will stop to pick up a dead rosella from the middle of the road and put it at the side, so its mate will not be killed while it mourns for its dead partner? Or while playing golf, stop to rescue a sparrow chick who is being attacked by a magpie while its mother tries to fight it off in despair? He puts the chick all wrapped up warmly in his golf bag and finishes the game only to lovingly return the chick to its nest, making sure the magpie has long gone.

You see, I cannot live an alternative lifestyle without my pal next to me. So now I have decided to compromise. We will buy land with town water and electricity and not live in a commune, and he agrees.

But in the meantime, as they say: 'The journey towards your goal is far more exciting than getting there'. For now I shall take courses in permaculture, start growing more vegies, and herbs, and altogether become self-sufficient just where I am. I envy all those wonderful people out there who have accomplished their dreams. But for now I know whatever lessons I need to learn in my journey called life have to be learned right where I am, and one day when we have dreamed enough, our creation will be possible for us to move into.



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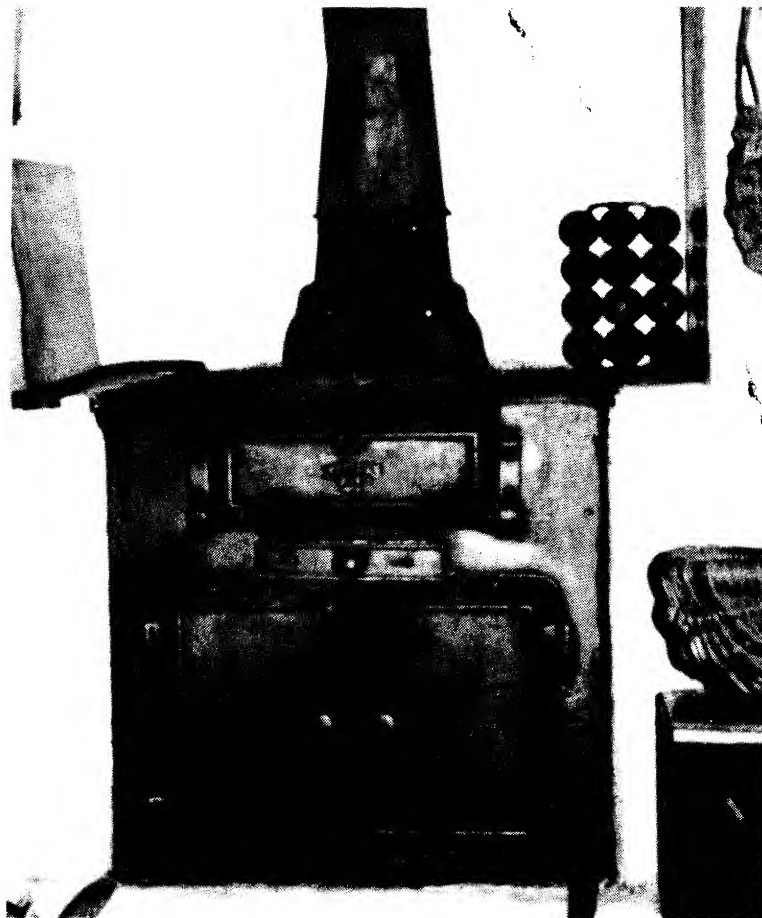
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## ODE TO AN OLD FASHIONED STOVE

*Old fuel stove, this kitchen is yours,  
I'm only here to do the chores,  
You dried our shoes and warmed our toes,  
And heated the iron that smoothed our clothes,  
Made buttered toast, and fixed the roast,  
You lit the room, dispelled our gloom,  
Made the puffed up creamy cakes  
Broiled to a turn those juicy steaks.  
And dried the herbs,  
That gave us that superb aroma,  
All the season through.  
You baked and glazed the Christmas ham,  
And boiled up all that berry jam,  
You bottled summer fruits to store,  
And simmered casseroles galore.  
You crisped the golden crusted bread  
And gave us jars of lemon spread.  
You thought up that short cherry pie  
With tender crust that made us sigh  
You taught the kettle how to sing  
In fact I owe you everything.  
But even so my dearest wish is  
That you could learn to do the dishes.*

Sent in by Mrs R Martin, Baldavis, WA, whose mother passed it on to her. Original source unknown.



# WWOOF SEEKING NEW HOSTS

by Lionel Pollard, Buchan, Vic.

Since creating its new list WWOOF is seeking a whole new genera of hosts. People who are interested in taking in WOOFers because of the cultural exchange that having overseas visitors can give rise to. People who would appreciate a bit of help around the house or garden in exchange for food and lodging for a few days. People who can sit and talk a while with their visitors. People who have a bit of spare accommodation for one or two visitors, and people who are not organic growers, maybe not even growers at all.

WWOOF has created a new list, aimed at those people who are seeking something different. Backpackers are seeking, among other things, contact with friendly people, exciting places to visit, unspoilt scenery, natural wonders, good value for money, different lifestyles. In terms of their activities, they want to meet some real locals, explore the countryside, attend local fairs and festivals, see the wildlife, watch a sunset, and take pictures.

## THE NEW ACE LIST

The new list is WWOOF's Australian Cultural Experience—the ACE list. The old list will be known as the OZ list, and will contain only organic growers. Hosts may be listed in the ACE list if they are keen to share in cultural exchanges with travellers, but will have to identify as organically committed to get into the OZ list. Thus WWOOFers who wish to learn more about organics, biodynamics or permaculture above all else will need to use the OZ list, while those for whom the cultural exchange and holiday atmosphere is more im-

portant will choose the new ACE list. Organic hosts will be listed in both if they wish.

WWOOF is appealing for new hosts who may never have considered joining before, people who may not be farmers at all, or may farm but not organically. People who run a small business from home, a nursery, writing, mail order, advisory, guesthouse, whatever. If you have a need for odd jobs to be done, around the house or garden or even within your business, why not consider taking a WWOOFer. If you enjoy the company of other people, like talking about other countries and cultures, and have some space for a visitor to sleep, then there is no better way of getting those odd jobs done than by taking in a WWOOFer.

## THE PRACTICALITIES

WWOOFers expect to stay a minimum of two nights, but the maximum is as agreed between you. They are expected to contact you (most usually by phone) before coming, and you have control over who, when and for how long. You may need to be able to pick them up from a nearby public transport terminal, but many have their own transport. Indoor accommodation is most usual, but provision of a cabin or small house would be fine, and space to use their own camper van, caravan or tent is all some need. Four to six hours work is seen as fair exchange for a day's keep, varied according to the type of accommodation, the seasonal workload, etc. Food would be expected for a self



contained situation, but any condition you wish to put in is acceptable as long as it is in the listing. For your small subscription you will be listed in either or both lists until the end of the next full calendar year, get a copy of a list, and get WWOOF's six monthly newsletter.

If you would like to know more about becoming a host, please write to: WWOOF, Buchan, Vic 3885, and ask for further information.

Mention this magazine when you do.

## eco-friendly

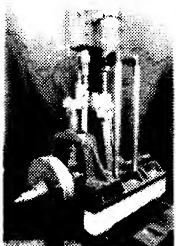
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# THE WIND GENERATOR

## Green Power for the Grid

by David Miller, Shepparton, Vic.

Generating power from the sun, in the form of electricity, is a relatively new phenomenon because solar panels have only become available in the last 20 years. Wind power, though, has been in common use in Australia for a long time. Well before the grid system reached country towns, farms and outback stations used the wind generator as the major supplier of electricity, often in conjunction with a diesel powered generator. The wind generator was usually located near the homestead and looked like an aeroplane propeller mounted on a tower. It was easy to instal and use, and required little maintenance.

By the 1960s, however, grid power had become readily available forcing the retirement of most of these simple power generators. The survivors were usually in more remote areas and were eventually replaced by modern diesel systems which were inexpensive to run and could generate on demand. Companies which had manufactured and repaired wind generators for years quickly went out of business or diversified, and the only machines to survive were those that were rescued by enthusiasts who wanted to be independent of the electrical authorities or who did not want to pay the high costs of connection to the grid because they were living a long way from it.

On the mainland, the expanding grid had its power generated using the non-renewable resources of coal and oil.

Only very few state authorities investigated the use of wind generating systems, but the technology could not compete with the low cost of the other generation methods. It is only the increasing cost of fossil fuels, the development of larger wind power systems, and the commitment to reduce greenhouse emissions that has prompted energy companies to review their level of expertise and reconsider the wind as a source of green power. They now want to be capable of implementing the technology, if it becomes competitive, and many can see that it will in the near future.

### WESTERN AUSTRALIA

While there are examples of wind generation in the eastern states of Australia, the largest implementation of this technology is in the west near the coastal town of Esperance. There, on the south coast of Western Australia, the 'Roaring Forties' winds have an average speed of 7.5 metres per second which is an excellent resource for the generation of electricity. In March, 1987, at Salmon Beach, a few kilometres to the west of Esperance, the state electricity commission began the commercial operation of Australia's first wind farm using six Australian made Westwind 60Kw wind turbine generators linked to the local power grid. Esperance is not connected to the grid, and uses diesel generators for power generation. At that

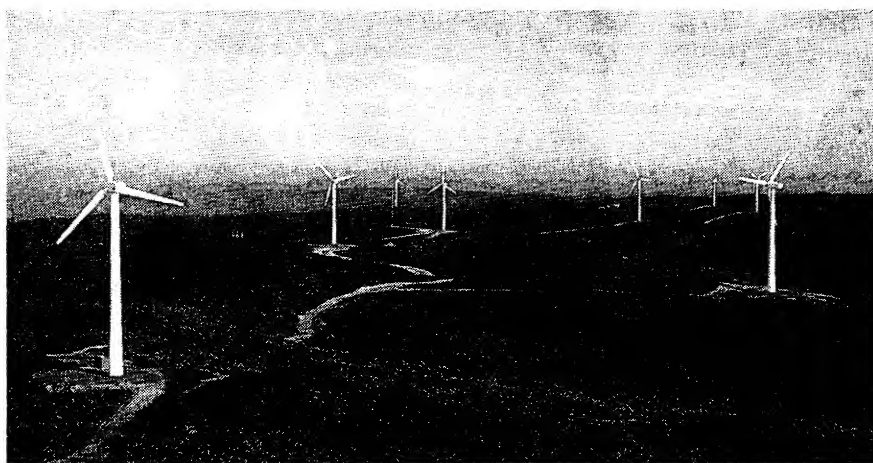


Australian made Westwind generator used at Salmon Beach, WA.

time, the wind farm reduced the fuel consumption of the generators by 250,000 litres per year, and consequently avoided the emission of 700 tonnes of carbon dioxide, 2 tonnes of carbon monoxide, 6 tonnes of nitrogen oxide and 7 tonnes of sulphur dioxide into the atmosphere.

Because of the successful operation of the Salmon Beach wind farm, another was set up at Ten Mile Lagoon. This consisted of nine 225Kw Vestas wind turbines, imported from Denmark. Vestas is the largest manufacturer of high capacity wind turbine generators in the world. The Vestas generators have a three blade rotor which is 27metres in diameter. Each generator weighs over 10 tonnes and is mounted on a cylindrical tower 31 metres high and weighing 15 tonnes. The nine machines are capable of generating a total of two megawatts, but are run in conjunction with the diesel generators and produce about 12 percent of the power required. The wind farm can supply up to 40 percent of the town's power at any time.

These two installations have provided some useful information on wind generation. It was thought that power generated from a wind system would fluctuate wildly because the wind would be gusty and the machine would be speeding up and slowing down all the time. However, experience shows that a group of generators can smooth the power because at any instant, they are all operating at slightly different speeds. They actually provide smoother power than some of the grid lines that experi-



Green power generated from the nine wind generators at Ten Mile Lagoon is used in the town of Esperance, WA.

ence large fluctuations because consumers are turning appliances off and on all the time. Wind power can also save one litre of distillate for every 3Kw of electricity produced. Currently, two million litres of distillate are saved each year, with a consequent reduction in greenhouse gases. Western Power, the company which now owns and runs the wind farms, has found that the installations are still restricted to remote towns where power is more expensive to generate because they are not connected to the main grid. The cost of distillate is rising, however, and this makes wind generation much more competitive.

## SOUTH AUSTRALIA

Another Danish generator, a Nordex 150Kw model, is owned by the ETSA Corporation in South Australia. This was installed at Coober Pedy in 1991, and has been operating successfully ever since. Coober Pedy was selected because it was the largest remote community relying on the high cost of distillate for power generation and it did not regularly experience windy conditions. The Nordex machine currently produces 4percent of the town's power supply, saving 91,000 litres of distillate per year.

## VICTORIA

In the inner Melbourne suburb of Brunswick, CitiPower has a 10Kw Westwind

generator set up at the Ceres Environment Centre, Lee St, East Brunswick. (Tours are 1.00 - 4.00pm on the first and third Sunday of each month.) This feeds power to the grid as part of the Green Energy programme.

A much larger 60Kw Westwind generator (similar to those at Salmon Beach) is located at Breamlea, feeding power to the grid. This machine is owned privately and maintained by the Alternative Technology Association. It has been in operation since 1987, and the power is bought by CitiPower.

## NEW SOUTH WALES

Pacific Power now owns a 150Kw wind turbine at Malabar. Installed in 1986, the Belgian HMZ Windmaster later fell into disuse, suffering extensive corrosion in the saline winds. Although considered a little old-fashioned now, its computer has been returned to the manufacturer for an upgrade and it will soon be ready for duty. The HMZ was designed for high wind speeds and is fully automated. It starts to generate electricity once the wind speed reaches 4.5m/sec, and at speeds over 25m/sec the computer shuts the system down to protect it from vibration and overload.

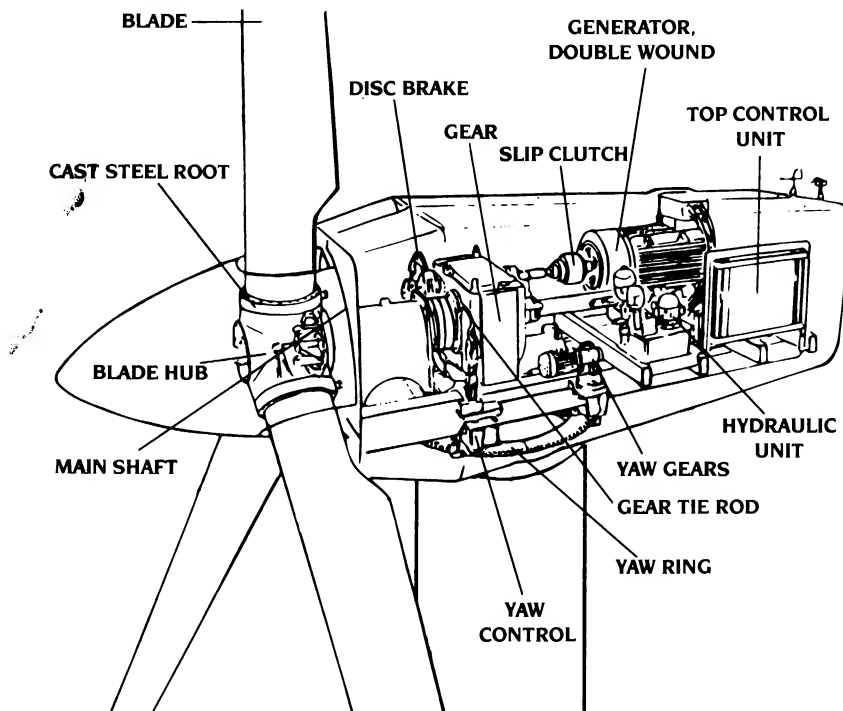
Pacific Power has investigated a number of sites for future windpower projects and is interested in installing more generators as part of the commit-

ment to reduce greenhouse emissions and for the Green Power programme.

Research is also being conducted into the blade design of wind generators at the University of Newcastle. A new design has been through the computer modelling stage and a prototype, erected on campus, has been tested. The new 5Kw model will soon be erected at Fort Scratchley, near Nobby's Head in Newcastle. This site experiences some of the highest wind speeds on the east coast. The new rotor is five metres in diameter, operates more efficiently and is less expensive to produce.

Grass Roots would like to thank the following power companies for assistance with this article: Western Power in WA, ETSA Corporation in SA, CitiPower in Victoria and Pacific Power in NSW.

Design of the Danish manufactured Vestas wind turbine generator.  
(All illustrations courtesy Western Energy.)





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# BUILDING A HOUSE IN THE THIRTIES

by Ivan George, Merbein, Vic.

The self-sufficiency ethos is not a new one in Australia. It is easy for those of us who choose to make our lives more self-reliant, to build our own homes, bake our bread, make our clothes, to forget that during many periods of our history there was no choice involved – you did it yourself or you did without. One such time was during the 1930s depression. In this article Ivan George describes how his family managed to build their own home during this economically disastrous period.

During the Great Depression years of the 1930s my family built a concrete brick house on a Mallee farm, 48 kilometres south-west of Mildura, in the Parish of Willah. In this area there were many sand dunes and also deposits of limestone and rubble.

We had 11 tons of cement delivered to the house site. For the fine aggregate we found there were varying amounts of clean sand at the base of most sandhills on the unmade roads. Heavy rains had rushed down the wheel ruts and had left up to 15 centimetres depth of this washed sand. We carted this by a horse-pulled spring dray over short distances and used a truck for longer trips.

Our coarse aggregate was obtained from a limestone deposit less than a kilometre from the site. Under the top-soil overburden was block limestone which we used for the house foundations. Underneath the block limestone was much limestone rubble as nodules. This had to be screened to get clean material. Water was carted from the nearby Widril government tank.

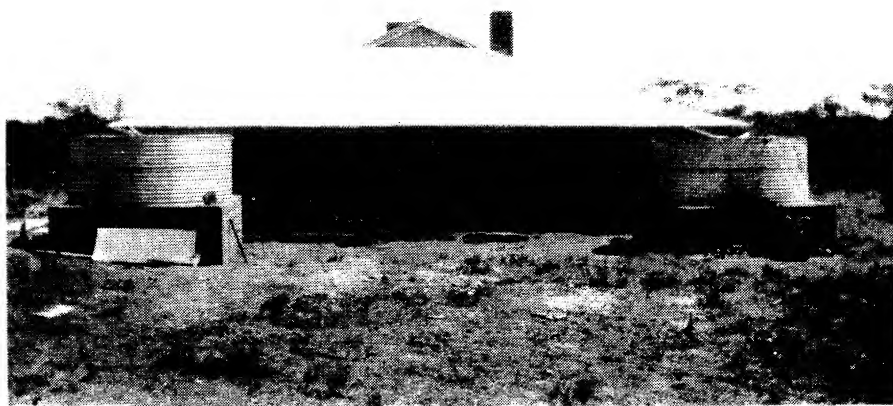
To make 11,000 bricks we used two lever-operated machines, one purchased and the other borrowed. These machines were designed to use only fine aggregate to make a hollow brick. Each contained two metal bosses. However, to economise with cement, we removed the bosses and could then use our coarse limestone aggregate and make solid bricks measuring 30 x 15 x 15 centimetres. The mixture was one part cement, four of sand and six of rubble. This was tamped into the mould, the lever was then depressed and the four side plates of the machine pivoted outwards and the base raised up. The brick was easily transferred to the ground to harden.

The foundations of every wall were excavated to take the various sized blocks of limestone which were then cemented together and smoothed off to make a level surface.

Brick laying was started shortly after the foundations were completed. At the



Above: We made 11,000 solid concrete bricks using cement, sand and limestone aggregate rubble from a naturally occurring deposit near the building site. Below: A wide verandah all around the house kept it cool in summer and warm in winter.



appropriate heights reinforced concrete lintels for the doors and windows were poured into wooden moulds in position. On the top layer of the walls bolts were cemented between the bricks at strategic positions to hold the wooden top plate for rafters and ceiling joists. Concrete floors were poured after the walls

had been completed. These were 7.5 centimetres in depth. Mortar for all the brick work was from the on-site unwashed ridge sand, using four parts of sand to one of cement.

The outside dimensions of the house proper were 14.6 x 9.1 metres. However a 3.1 metre wide verandah was built,

completely encircling the house. It was bricked up to a height of 60 centimetres, and then fly-proofed by putting flywire on a timber frame up to the sloping roof. One corner of the verandah was widened to make a sleep-out measuring 5.5 x 4.3 metres. Only the sleep-out and areas by doors were concrete floored initially.

The house proper was roofed using Wunderlich metal. We started work on the house in 1931, but due to a shortage of money it was more than a year later before we were able to move in.

The verandah afforded protection from the sun's rays for most of the time. It was only in winter, and in the early morning and late afternoon of summer, that the sun's rays would strike the main house walls. Consequently our house was cooler in summer and warmer in winter than the average farmhouse. The large roof area collected enough water for all household purposes excepting in very severe droughts. The water was held in two 9000 litre tanks on concrete stands, and one 9000 litre tank on a wooden stand. The house is still lived in, and additions have been made by a subsequent owner.

I have told the story of our house-building, and of our pioneering years in the Mallee, in my book, *From London to Willah*. It is available from Box 106, Merbein 3505, for \$11.00. After six weeks in a tent, and then six years in a shack, our homemade house was a wonderful place, and it was with regret that we eventually left it.

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# HOE SHARPENING

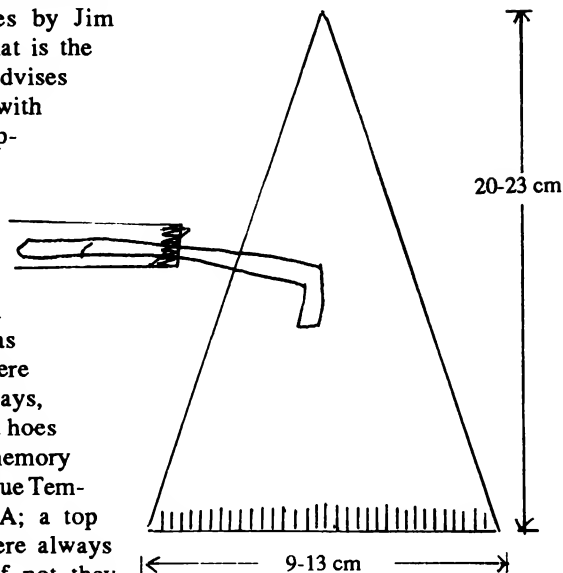
by A Dart, Bodalla, NSW.

In GR 112 on page 17 there is an article on sharpening hoes by Jim Sweeney. I do not agree that is the way to sharpen a hoe. Jim advises to use safety boots, I agree with this because if a hoe is sharpened this way you will cut your feet off.

My experience goes back to the early thirties when I left school. We were in a spud growing area and one of the first jobs I got was flat-hoeing spuds. All jobs were done in the hard way those days, not like today. Well we used hoes made by two firms, from memory they were Wallingford and True Temper, both made in the USA; a top quality hoe. These hoes were always sharpened on the inside, if not they wouldn't cut properly. Anyway, when I retired the hoes that could be bought in the local hardware stores did not impress me at all so I decided to do something about it.

At first I used steel from a blade of one of those motor dragsaws. This worked perfectly but I soon ran out of steel. By this time I was making knives from bandsaw blades from a sawmill. These blades when worn out were .080" thick and 10 inches (25 cm) wide. I cut the sawsteel with an angle grinder. As the sawblade was wider than necessary I cut it triangle shape (see drawing). For a tang I used  $\frac{3}{8}$ " (just under 1 cm) diameter R4 Commsteel, a top quality chrome nickel axle steel. It worked perfectly, but the last three or four years I have not been able to get it in this small size. The steel merchants tell me that Commonwealth Steel are not making R4 steel in this small size anymore.

I had to do something about it so I went to the local car wreckers and got coil springs from the front-end of one of those small Japanese cars. This steel is about  $\frac{7}{16}$ " (1.1 cm), a bit thicker than the R4 Commsteel, but it does the job quite well. I grind the hoe to shape then weld the tang on. For a start I used to make the handles  $1\frac{1}{4}$ " (3.2 cm), thick using  $1\frac{1}{4}$ " copper hot water pipe as a ferrule, but later on I found that handles of 1" (2.5 cm) were sufficient and used 1" dowel or a broom handle as the hoes



Width depends on the type of ground, wide for sandy or loam and narrower for hard ground. The point is sharp and useful for cleaning out between plants. But the blade must be sharpened only on the inside, or it won't cut.

are quite light. I have made over 20 and everyone who has them says they are the best hoe they have ever used, but they must be sharpened on the inside like an adze.

I have two adzes, one kept solely for what it was made for, slicing wood; it is kept razor sharp and in the workshop. The other I bought at a garage sale; it was useless, it was worn out and had been sharpened on the wrong side. I went to the local sawmill and got an old circular sawblade, cut a piece out to overlap the worn blade by about two inches and long enough to bring the blade length back to original length, welded it to the back of the old adze and sharpened it the same way as the adze, on the inside. I use this in the garden as a light mattock and it works perfectly, the best light mattock I have ever had. But it must be sharpened the same way as the adze, on the front, and hoes must be sharpened the same way or they won't cut.

## BUMPER ISSUE

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# GROWING BAMBOO SHOOTS AS VEGETABLES

by Peter Bindon, Fremantle, WA.

Growing bamboo shoots is a new venture in Australia but is already showing interesting possibilities for both commercial and self-sufficiency applications.

At Belli Park in southern Queensland, Durnford Dart established Australia's first commercial bamboo forest to produce shoots. Although it took a few years to begin production, shoots are now harvested seasonally for domestic markets. Durnford's research showed that bamboos are disease resistant and suffer few insect attacks. Consequently, growing bamboo for either timber or shoots (or both) required less labour than growing vegetables or fruit. Although large groves are desirable for commercial reasons, small-scale growers can be successful, and reasonable profits can be made by saving the expense of hired labour. The biggest labour demand after establishment of a bamboo grove is for harvesting, just as for asparagus growers. Durnford discovered that local owners of Asian restaurants were so keen to obtain fresh shoots that they volunteered to dig their own, saving even that labour cost!

Bamboo growing is relatively inexpensive, and there are other benefits. During the first two or three years while culms and shoots are too small to sell, growers can raise other crops in the grove to recover their starting capital. After five or six years when the plantation matures, no clear felling is required to realise a profit in contrast to timber crops. The grove continues to yield poles and shoots for many seasons.

The initial success of Durnford Dart's pioneering venture has encouraged research into the viability of bamboo shoots as a large-scale commercial crop. Australia can produce these sought after vegetables in the off-season for the Asian market where fresh shoots can fetch several dollars per kilo (a decent sized shoot may weigh four kilos).

Bamboo plantations have been established in such divergent locations as Undera (Victoria), Kyogle (northern NSW) and southern Western Australia. Most plantations are in their infancy but

early results have been pleasing. The hardest task for all these people has been obtaining the numbers of propagules necessary at an affordable price. As the market for bamboo plants is erratic to say the least, most commercial nurseries will only propagate large numbers of plants to order. This adds a time delay to the establishment of any plantation.

At Rockhampton the expertise gained from research into sugar cane production is being applied by the Department of Agriculture to bamboo propagation experiments. Results will benefit future growers who wish to establish plantations. Trials here are also monitoring growth of a number of potentially commercial species with the aim of discovering the best performers for the region. Another project being conducted at research facilities near Darwin is concerned with identifying correct nutrition levels and exact water requirements for bamboos. Similar monitoring is going on at Durnford's place. The success of these experiments may determine the fate of the several tonnes of fresh, pickled, frozen, salted and canned bamboo shoots which are imported into Australia annually.

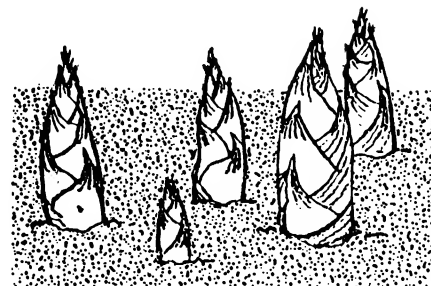
## TWO KINDS OF BAMBOO

There are two kinds of large bamboo to consider for shoot growing. Clump forming tropical bamboos produce short rhizome necks on each culm and the plants stick to a confined area. Temperate species have long underground rhizomes spreading in all directions about 30 centimeters below ground level. Culms develop from buds carried by these strong 'roots'. Many people are wary of this kind of bamboo, but properly managed it is very useful. Although local microclimates may offer special benefits (or problems), clumping species grow best north of the tropic of Capricorn and temperate species do better south of it.

### Tropical

Among the tropical bamboos grown for shoots are:

**Beechy Bamboo** (*Bambusa beecheyana*)



na)

**Burmese Bamboo** (*Bambusa burmanica*)

**Spiny Bamboo** (*Bambusa spinosa*)

**Common Bamboo** (*Bambusa vulgaris*) (not so common in Australia) and its ornamental relative *Bambusa vulgaris* cv. *Vittata*, [Syn. *Bambusa striata*]

**Giant Hedge Bamboo** (*Bambusa bambos*) [Syn. *Bambusa arundinacea*]

**Asper Bamboo** (*Dendrocalamus asper*)

Many other species including: *Bambusa longispiculata*, *Bambusa blumeana*, *Bambusa nutans*, *dendrocalamus latiflorus*, *Dendrocalamus giganteus* (sweet enough to be eaten raw), *Dendrocalamus merrilliana*, *Dendrocalamus membranaceus*, *Dendrocalamus strictus*, *Gigantochloa albociliata*, *Gigantochloa atter*, *Gigantochloa robusta*, *Gigantochloa levis*, and *Thyrsostachys siamensis* produce edible shoots.

### Temperate

Many temperate running varieties are suitable for shoot production:

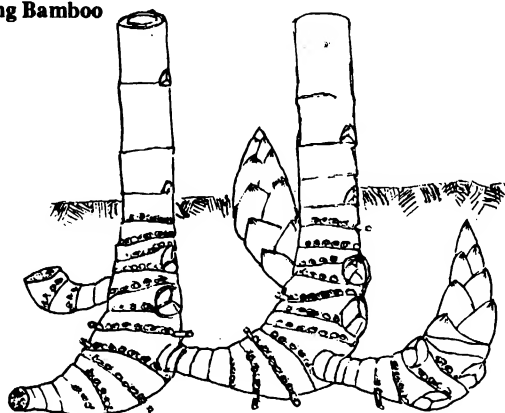
**Moso**, with several more or less synonymous Latin names (*Phyllostachys heterocycla*, *P. pubescens* and *P. edulis*). Other species with edible shoots include: *Phyllostachys congesta*, **Sweet Shoot Bamboo** (*Phyllostachys dulcis*), **Elegant Bamboo** (*Phyllostachys elegantis*), **Bird's nest Bamboo** (*Phyllostachys nidularia*, *Phyllostachys platyglissa*, *Phyllostachys praecox*), and **Green Bamboo** (*Phyllostachys viridis*). **Square Bamboo** (*Chimonobambusa tetragonocalamus*) and a number of *Pleioblastus* and *Sasa* species also produce edible although slender shoots.

## ESTABLISHING A PLANTATION

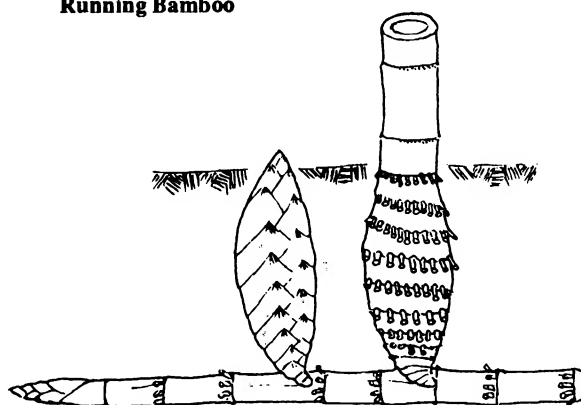
### Propagation

Establishing a plantation using large

**Clumping Bamboo**



**Running Bamboo**



plants or divisions is expensive. Smaller plantlets are cheaper and fresh bamboo seed is seldom available so vegetative propagation must be used. Specialist bamboo nurseries (listed at the end of the article) can supply plants, but this can be an expensive way to start.

There is no sure-fire method of rapid propagation applicable to all the clumping bamboos. Dividing off rooted culms is a certain but slow method. Culm cuttings work with thick-walled tropical species like *Bambusa* and *Dendrocalamus*. Cuttings from culms 1½ or 2 years old with two internodes left intact require high humidity and soil warmth for success. Trim branches from lower node. Plant prepared cuttings vertically in potting bags or pots with the top of the culm and the branches left protruding. After watering cover each with a clear or lightly frosted plastic bag tied in place and leave in part shade until roots protrude from drain holes. The young plants can then be transplanted into the field. Several years of growth are necessary before they produce large shoots suitable for cutting as vegetables.

Rhizome cuttings about 30 or 40 centimeters long from just behind the soft growing tip of running bamboos like the *Phyllostachys* family can be planted at about 10 centimeters depth in warm soil. Any viable buds will shoot and

form small culms. Gradually new rhizomes are produced and new shoots emerge. These get larger each year. After five or six years maximum diameter will be reached and harvest can begin.

### Planting Out

Different methods are needed for each kind of bamboo. The proper spacing of young plants depends on the soil, climate and whether shoots or timber or both are being produced. Bamboo clumps used for shoot production need wider spacing to allow sunlight to warm the soil.

The optimum density for tropical species is about 400 clumps per hectare. If planted in a grid, the spacing between them should be about five metres. A plot with poorer soils should be planted at six metre intervals. This spacing allows an annual harvest of both shoots and timber. Replant propagules at the same ground line as before; the part formerly above ground is usually green while the underground part is yellow. Tropical bamboo clumps have close growing culms. Unless thinned regularly, they become so dense and congested that harvesting shoots and poles becomes impossible. Systematic and regular cutting actually increases yields and leads to greater management convenience. Over zealous cutting reduces yields.

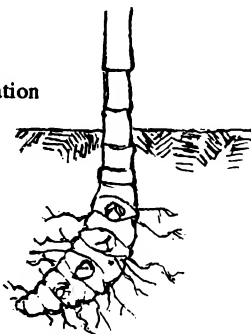
For running bamboos between 1500 and 2000 mature culms per hectare is desirable, fewer for rich soil and more for poor soil. Maintain this density for the life of the plantation. Higher density produces too many overcrowded poor-quality shoots. After six years of establishment growth, cut all six year old culms and allow about 500 shoots per hectare to grow into new culms. Keep 500 that sprout early in the mid-season of shoot production each year. Mark new culms with the year of emergence so that there will be no uncertainty at cutting time.

### Fertilising

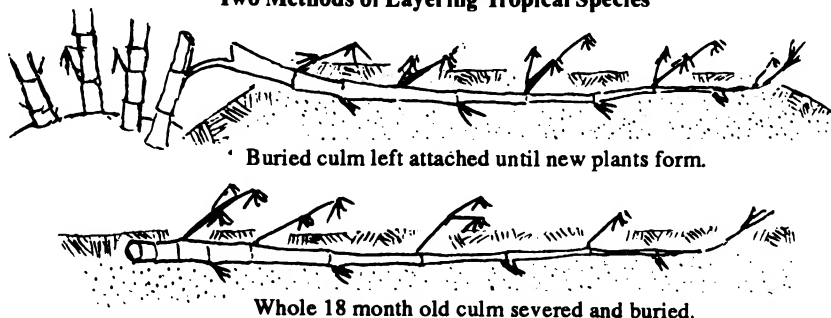
Light manuring or fertilising should be undertaken regularly and also about one month prior to the shoot production period. Preplanting applications of 3 kg of Potato E combined with 150 g muriate of potash and 200 g urea for each 10m<sup>2</sup> will prepare the site. Apply monthly applications of urea at 110g/10m<sup>2</sup> during the active growth period.

Production of sweet good quality shoots requires warm soil. Apply either an annual top dressing with rich soil or suitable mulch mounded around the bases of the clumps where the new shoots will emerge or across the whole plantation of running species. The aim of this practice is to allow soil warming but to

Micro propagation of emerging branchlets of mature culms is a technique that needs to be researched.



**Two Methods of Layering Tropical Species**

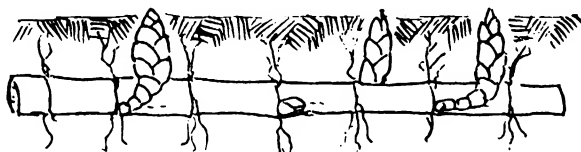


Buried culm left attached until new plants form.

Whole 18 month old culm severed and buried.

### Propagating Temperate Species

Rhizome cuttings will produce new shoots from viable buds.



exclude sunlight as much as possible from the young shoots until they are selected for cutting. Exposure to sunlight makes them bitter.

### Yield

Shoot yield depends upon many factors such as soil condition, fertiliser, and climate. In Japan, annual yields from running species varies from 7.5 to 30 tonnes per hectare; averaging about 20 tonnes per hectare. For tropical species an average annual yield of 15 tonnes per hectare is suggested by Chinese research. Harvesting timber as well as shoots lessens the shoot production.

### Regeneration

After some years, shoot yield decreases despite the application of fertiliser. When the plantation reaches this stage it must be renewed. One way is to replace the grove gradually in a series of zones or belts 60 centimetres wide, in just the same way as the plantation was established.

### Harvesting Shoots

Shoots grow vigorously beneath the soil surface, finally breaking through into the light. Exposure to sunlight makes shoots bitter so dig them when the tips are just emerging from the surface of the

soil or very soon after. A tell-tale bulge or cracks in the soil usually reveal the new shoot's location. Cut all the shoots that develop during the first two months of the season. Leave shoots which develop later. These become new culms and provide nutrients for the plant. Shoot production stops once some are left to mature during the early part of the season. Regulate harvesting so that the plantation is not depleted. Shoot harvesting and timber cutting are carried out at different times. Shoots are harvested in early spring, timber at any time there are no shoots coming through to prevent damage to them.

### Recommended Reading

*Growing Bamboo Shoots as Vegetables in Australia*, Australian Bamboo Network, 1995. Available from PO Box 174, Fremantle 6160. Ph: 09-339-648.

*The Book of Bamboo*, David Farrelly, 1984. Sierra Club, San Francisco.

*Bamboos - Biology, silvics, properties, utilization*, Walter Liese, 1985. GTZ, Germany.

*The Bamboos, a fresh perspective*, F A McClure, 1993. Smithsonian Institution Press, Washington.

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#### Campbell's Nursery, Bamboo Specialists

Bruce Hwy, TIARO 4650. Ph: 071-292-157, or 292-453.

#### Bamboo Australia

MS 330 Kenilworth Rd, Belli Park, via EUMUNDI 4562. Ph: 074-470-299.

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#### Palms of Neerabup

Prop: A & M Lewkowsky  
8 Bushland Retreat, NEERABUP 6031. Ph: 09-405-1980.

#### Erwin van den Muyzenberg

PO Box 60, ATHERTON 4883. Ph: 070-912-660.

#### Obaki Bamboo Nursery & Bookshop

Prop: Jeff Irwin  
PO Box 238, DONNEYBROOK 6239. Ph/fax: 097-316-357. Nursery sales on weekends, August to October, mail order also.

#### Peter Hicks

PO Box 66, BALINGUP 6253 Ph: 097-641-002.

#### Wertz of Mirkwood

PO Box 237, MOSSMAN 4873. Ph: 070-988-114.

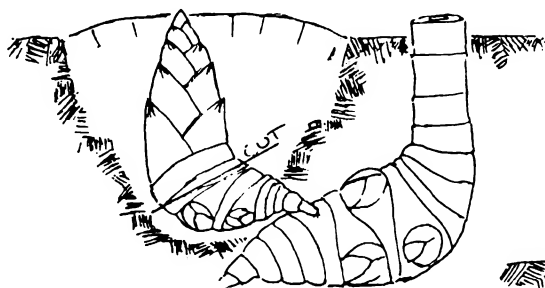
#### Bamboo World

Murwillumbah Rd, WADEVILLE 2474.

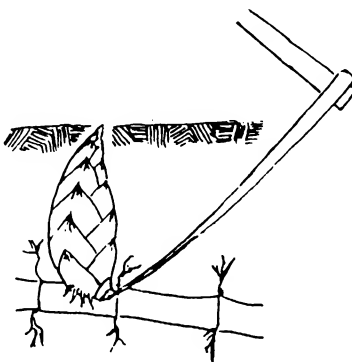
### FARMERS MORE FERTILE

A Danish study has found that organic farmers have a high sperm count - about double the average. Are pesticides and food additives to blame for a decline in male fertility in the past fifty years?

### Harvesting Tropical Species



### Harvesting Temperate Species



# RAISING MUSCOVIES

by Linda Marold, Guildford, Vic.

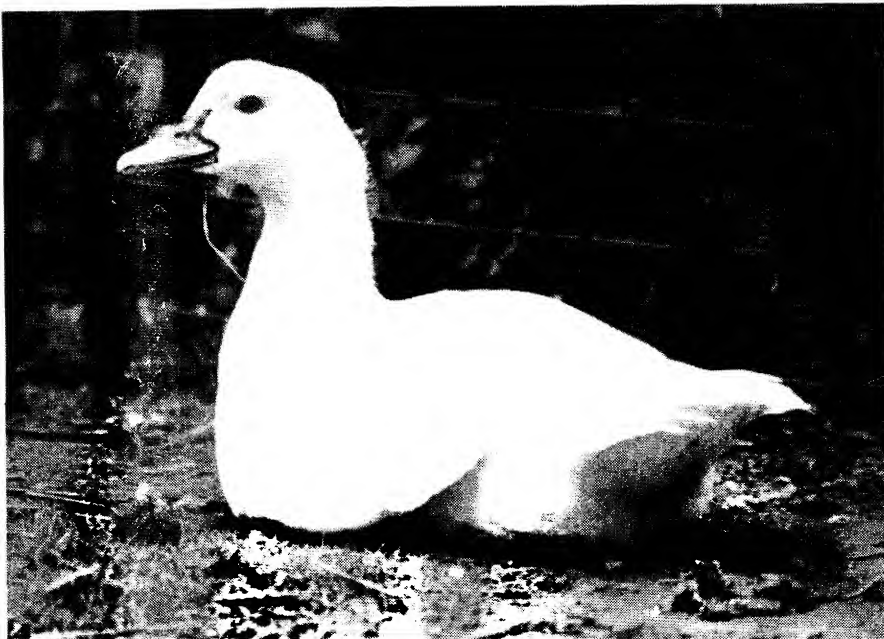
As smallholders interested in self-sufficiency we have successfully bred many different kinds of poultry, but none have given us more trouble, entertainment, infuriation and satisfaction than our Muscovy ducks. For a start they're not like other breeds of domestic duck and share some similarities with geese. This can easily be seen in their gait, their lack of a 'quack' (they must be the quietest of domestic poultry), and their voracious appetite for green feed, particularly if it's on your side of the vegie garden fence.

Muscovies came originally from South America, and are genetically distant from the Euro-Asian breeds of duck, such as Pekins and Khaki Campbells. They enthusiastically mate with other breeds, but the resulting offspring are sterile mules. This is a pity, as the crosses are often spectacularly marked, and the females are excellent layers (but only of sterile eggs).

Our Muscovies come in three main colours: white, which we find boring (and we find that the yellow ducklings are more easily spotted by predators such as hawks), black (usually with some white at the throat, although full black also occurs), and blue (a lovely smoky blue rather like a 'blue' Persian cat). The black strain develops a rippling green-purple sheen on the feathers which outlines each feather like a scale, the drakes of this colour being particularly handsome. The white colour seems to be recessive, disappearing quickly when mixed with other colours.

The most unusual feature of Muscovies is the comb that develops around the eyes and, in the case of drakes, into a handsome red knob above the beak. In white and blues this comb is a clear red in colour, deepening to wine colour during breeding. In the blacks and peds it can be black patches. They also have a small but distinctive crest, which is raised when the bird is interested in something (usually food or a member of the opposite sex).

Muscovies have a sweet lemony-scented musk exuded by the glands on the heads of breeding adult males. It's quite distinctive and very pleasant! Perhaps that's where the name comes from. The other unusual feature of this breed



A young duck of about 10 weeks with her newly grown 'adult' plumage, the last vestiges of down still evident at the back of her neck.

is the great size difference between the sexes, the drakes being almost twice the size of ducks when mature. This size difference shows up even in quite young ducklings and makes sexing easy from four weeks on.

Muscovies are usually kept for meat, but lay quite well in spring and summer. The ducks lay enormous clutches, and hatchings of 15 to 20 ducklings are not uncommon if left to themselves, but you can collect the eggs on a daily basis and get a good supply of their large blue tinted eggs from September to January or even later.

Eventually a duck will become uncompromisingly broody, emitting the strange little squeak that only broody ducks make, and pulling out her breast feathers to line the nest with down. Broody ducks can be quite aggressive and, when the ducklings hatch after a marathon 35 days (another goose-like trait), the mother will attack anything that threatens then. I've had an infuriated dragon-mother hissing frantically and flying at me because I picked up a straying duckling to return it to her! Interestingly, they will attack if any baby calls, but won't accept ducklings of another brood, pecking them viciously if a stranger strays too close.

Muscovies are extremely hardy crea-

tures, and if you have sufficient shelter on your dam in the form of reeds or bulrushes, with plenty of small yabbies and tadpoles you can let your mother take the babies on the water. However we find it increases the survival rate if you lock the hatchlings up with their mum and feed them chick crumbs for a week or two.

Muscovies aren't as flock-minded as other breeds of duck. They like to hang around together, but are also quite happy to potter around on their own. Ducklings will wander quite far from their mother, heedless of their frantic wheezing and calling, and are easy prey for hawks, foxes and cats. This is another good reason to lock them up somewhere safe for a few weeks.

This is not a fast growing breed. If intelligence is linked, as it seems to be, to the length of the 'childhood' stage then it's no surprise that Muscovies are fiendishly intelligent creatures. If left to themselves they will gorge themselves on your most precious and delicious vegetables, having flown effortlessly over very high fences.

However, they are very easily trained, and we have a regular wing-clipping session every year, just after the spring moult. With a bit of grain as a bribe they will be waiting patiently at the gate, or

wherever you want them to be, the very next day. If you are consistent with the time you'll be able to set your watch by them.

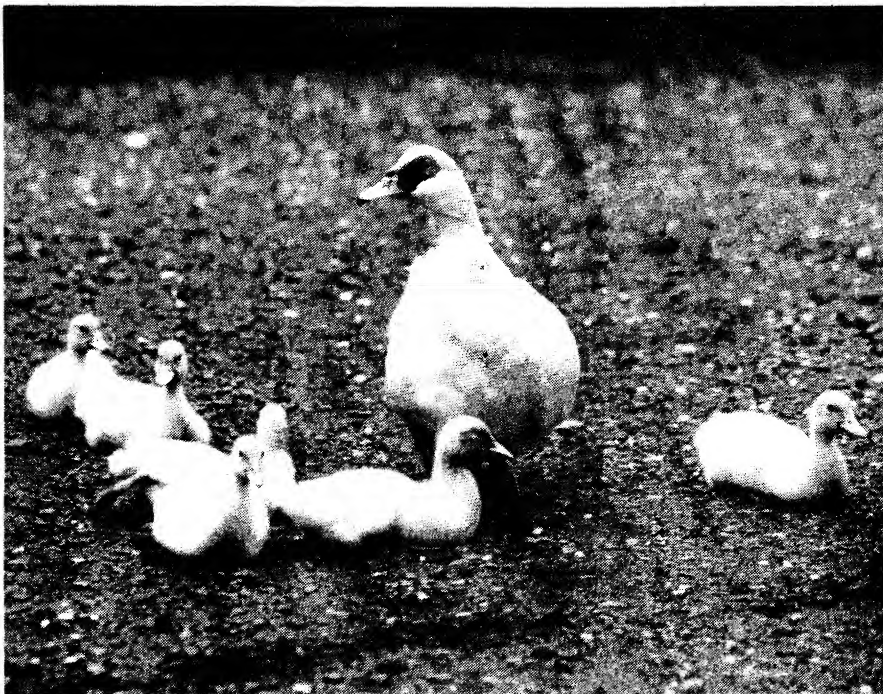
We feed them about a cup of whole oats once a day, as they are excellent foragers, but are happy to loll around in the shade waiting for their next meal if you feed them too much. In winter when insects are scarce we supplement this with meat-meal. They graze grass like geese, and adore fruit, virtually any vegetable, frogs, yabbies, tadpoles, meat-scrap – honestly they're more like feathered pigs than birds in their food preferences!

One thing Muscovies are absolutely fantastic at is catching flies. They go all day, and an eight-day old duckling is as efficient as an adult at this useful skill. If you have about 30-40 ducks you will notice how few blowies will appear in summer. They catch an average of two flies a minute, all day long!

Mothers and ducklings need a reasonably dry space, but adults can survive with only rudimentary shelter. I recommend locking them up at night, for protection from predators and to forestall early morning raids on the garden!

As far as I can tell Muscovies are free from both internal and external parasites, suffering from neither worms, lice, mites nor fleas. They are also remarkably disease-free, the only thing that ever made ours sick was avian tuberculosis (which we unwittingly imported when I bought a rooster at a market one day) and even then we only lost two old drakes and the rest survived.

As you may have guessed we are passionately devoted to Muscovies, but when the time comes to cull our excess



Muscovies are outstanding mothers, protecting and nurturing the ducklings till they are old enough to fend for themselves.

drakes we do enjoy a roast dinner with all the trimmings. The best age for a young drake to be killed is 9-12 months, and a well grown specimen will dress out at four to five kilos, although they are delicious at any age after six months.

We kill by decapitation, and plucking is facilitated by immersing the carcass in water that is just below boiling point – about 95°C. Add a little detergent to the water to penetrate the oil of the feathers. Swirl the carcass around in the water and test by pulling at a wing feather. If a primary flight feather pulls out easily the rest of the feathers will come out with a minimum of difficulty.

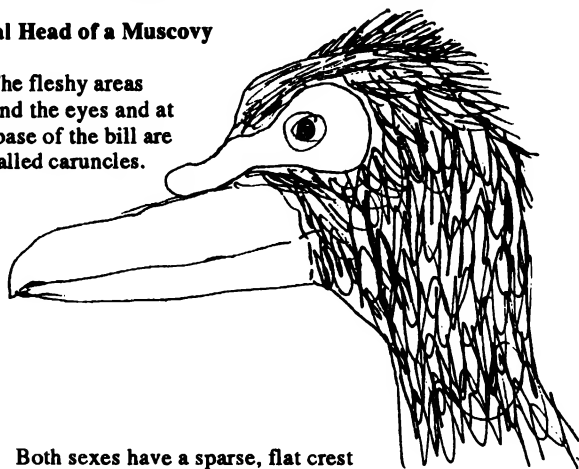
We save the breast feathers, drying them in a wide shallow basket, and I have collected enough to make a double bed doona.

For breeding purposes one drake is more than sufficient for five ducks, and full fertility of eggs will be maintained even with 15 females to one drake. In fact a drake will be frustrated with less than three females and the ducks will suffer, he will also chase your chooks! Drakes will fight in the breeding season if there are too few females – ba! les royal, although they don't seem to do each other a great deal of damage.

Muscovies are hardy, self-foraging, intelligent, cunning, omnivorous, prolific breeders and are recommended for people with high fences and a sense of humour. We love them!

#### Typical Head of a Muscovy

The fleshy areas around the eyes and at the base of the bill are called caruncles.



Both sexes have a sparse, flat crest of feathers which is raised during emotional outbursts.



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# ADVICE FOR WINTER GARDENERS

## HEALTHY INDOOR PLANTS

Many indoor plants can suffer from changing light and temperature conditions over winter. Rooms may become too warm during the day, but be cold at night. If possible, move plants to a lighter area, closer to a window or near a skylight, but not in direct sun or draught.

Select plants which will be tolerant of changing conditions. For example, tropical plants will be more sensitive to temperature fluctuations than will be temperate plants.

Normally a plant's water requirements are minimal during winter, but plants kept in rooms with heaters will need careful monitoring as they can dry out just as quickly as during summer. Plants with large leaves need more water than those with small leaves. Ferns need to be continuously damp (not soggy). Plants in terracotta pots will dry out sooner than those in plastic. The various water storing crystals available can help greatly with soil water retention.

Remember, many indoor plants are naturally short-lived, so in some cases it makes more sense to consign a struggling

pot plant to the compost and replace it with something more adaptable, than to nurse it along for months. Indoor plants are after all meant to look decorative.



## GROW ROSES FROM CUTTINGS

If you have a rose bush you are particularly pleased with, or know a friend in your area who has, now is the time to take cuttings for propagation. Many, but not all, roses will grow well from cuttings, so it's certainly worth experimenting, especially if you have access to a variety that thrives, pest and disease-free in your area.

Take cuttings 10-20 cm long in early winter from healthy hardwood stems 5-8 mm thick. Remove all leaves. The bottom cut should be just below a node and the top cut in a slant directly above a

Dip the base into a rooting hormone. An alternative, for those with access to willow trees, is to soak chopped willow shoots in water for 24 hours, strain the liquid and stand cuttings in it for 24 hours before planting as normal.

Insert cuttings into a free-draining propagating mix. Water well. Cover with clear plastic, perhaps by inserting the whole pot containing the cuttings into a large plastic bag and tying it at the top, or by using a polystyrene box covered with plastic as a homemade propagator. Keep in a warm sheltered spot throughout winter.

The cuttings will take 10-14 weeks to strike. Check from time to time that the propagating mix is still moist, but not too soggy or the cuttings will rot. To prevent fungal problems use a sterile, bought propagating mix and water with cooled chamomile tea.

Once cuttings have formed roots they can be potted into individual containers of good quality potting mix with slow release fertiliser added. After about three months the new roses will be ready to plant in your garden.

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# FUELLED BY OUR DREAMS

by Miz Campbell, Swanbourne, WA.

A lot has happened to our family since I last wrote in GR 104. The biggest change being that my soldier husband qualified to become an SAS Paratrooper which meant us all moving from one side of Australia to the other. We are now in Perth. Our trip over I can only describe as an experience we'll never forget. I drove our 4WD with the box trailer in tow containing the items we didn't want the removalist to handle, while Bambi rode his motorbike. With five children on board it was a long and trying journey. I think I lived on Panadol – thank God I'm part deaf! The excitement of a trailer tyre shredded to bits on a melted tar road in 42 degree heat really livened things up, for the kids anyhow! I lost count of the dingoes we spotted on our trip across the Nullarbor and I stopped counting past fifty the dead emus on the road from Kalgoorlie to Perth.

The very first thing we did on moving into our allocated married quarters was to establish the vegie garden and set up the worm farm and compost bin. This army house is new with only recently planted native gardens at the front of the place, the backyard being lawn over deep white sand – great for beaches, but we wanted to garden! So out we went looking for organic materials to build up a no-dig garden.

We laid down some cardboard onto which we spread grass clippings as they accumulated, but could find nothing else to add. What we did find in some of the more well-to-do suburbs was 'rubbish' put out for council collection day that was begging for us to pull over and investigate. To the everlasting shame of our image-conscious teenage daughters we scavenged to our hearts' content. One girl sank so low in the car we could only spot her from the glow of her red face. It didn't worry Bambi or I. If they want to throw it and agree to us collecting, what's wrong with that? It's helping save our environment by recycling, it's free and great fun. Mind you, one day while standing knee deep in junk on a footpath going over items and talking to Bambi over my shoulder, you know, stuff like, 'Wow, look at this!', I didn't hear him move the car on down the



Bambi and Kieran during a family weekend picnic. Now living in Perth the Campbell family finds new challenges for their resourcefulness.

street. I wonder what passers-by thought.

Well, we ended up buying soil and manure for the garden which we top up with our compost as it's ready. Very quickly we had healthy beautiful vegetables growing, which Bambi maintains when he's not away jumping out of planes or the like. Sounds like fun, but when we first arrived he was away for four months and in that time I had a major operation. The kids learnt to do house work in a big way!

## APPLEBERRIES?

I've found a shop here that sells spotted apples for 35 cents a kilo. What I do is peel, core and slice them, dip them into lemon juice then dry them in my Nara home dehydrator. When they dry I soak them in fruit juice so they take up the colour then re-dry them. They taste delicious, are aromatic and the kids love them. Apple rings soaked in mulberry

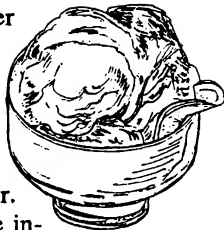
juice become a gorgeous purple colour. Last month while on a picnic by a river bank we came across a mulberry tree. Not even the birds were venturing under the thick canopy, so to the usual chorus of, 'Oh no mum, not here, we know those kids!', in we went and came out with about three kilos. Hence the name appleberries. For weeks the kids took (willingly!) great handfuls of them to school each day. Apple rings soaked in orange juice turn goldeny-orange with a sweet tangy taste, a real treat for the young ones. Our two year old son loves them so much we have to hide the containers *really* well.

## ICE CREAM

Bambi and I have been experimenting with our ice cream flavours and we've got the recipe just about down pat. It tastes the same as shop bought stuff, but of course is healthier and cheaper.

## Ice Cream

- 2 cans evaporated milk
- 5 tsp gelatin
- $\frac{2}{3}$  cup milk powder
- 2 tsp vanilla essence
- 1 cup boiling water
- 2 cups cold water
- 1 cup sugar
- 1 carton of cream



Dissolve the gelatin in the boiling water. Now add to it all the ingredients except the cream and mix well.

Freeze then mash down and beat in a mixer on high till nearly double in bulk. Add cream and continue beating till fluffy. Refreeze, perhaps adding a swirl of thickened fruit nectar through it. This really is an easy and quick recipe, I hope you try it and love it like we all do.

Hopefully, while out horse riding or picnicking we will come across a few fruit trees soon as my Vacola bottles are sitting on the shelves empty. Not one batch of tomato relish or blackberry jam this year either. Nevertheless, we carry on fuelled by our dreams of the future and of course, by GR magazine!



Kieran and Jazzmin enjoy helping in the vegie garden and benefit from the self-reliant close-knit family lifestyle.



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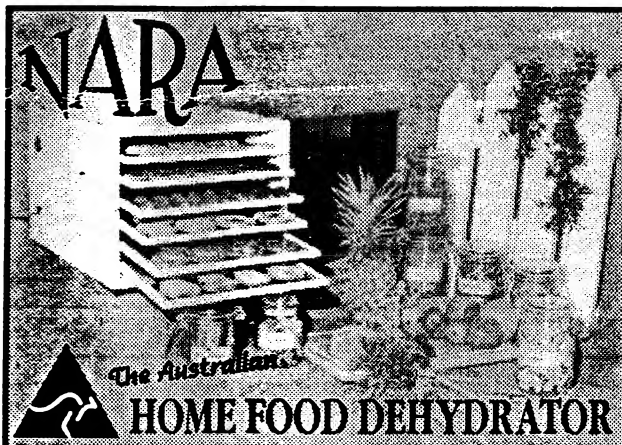
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# REACH RENOVATIONS

by David Miller, Shepparton, Vic.



**During his building apprenticeship, Peter Davis became concerned at the amount of waste and the use of polluting materials in the building process. Now he and partner Alison Glover are working with owners, architects and builders to design homes and select materials which are easier on the planet, lower the cost to the owner and recycle building material to save forests and reduce energy consumption.**

One memorable day, in the last year of his building apprenticeship, Peter Davis found himself on a demolition site where they were pulling down a 65 year old house. All the material was being loaded onto a truck to be dumped. While he was working, Peter noticed that the timber was still in good condition, obviously the iron roof had adequately protected it from the weather. A close inspection revealed that it was Sydney blue gum, a solid useful timber with a beautiful rich red colour. Peter was intrigued. Why would you discard timber of such beauty and quality and cut down forests to build a new dwelling? This question has worried him ever since.

Further demolition on the site produced two large verandah posts, 15 centimetre square and also destined for the tip. Peter counted 125 growth rings in the cross section of each and, knowing how the original log would have been sawn in the mill, calculated that the tree would have been 500 years old when it was felled for timber. Peter was stunned by the waste and the lack of thought in planning the recycling of old materials into new or renovated dwellings. He already knew there was an incredible range of second-hand building material around Sydney, because he had seen truckloads being carted from sites all around the city. Re-using it seemed to make sense, it would reduce building costs and add character to a new home.

If someone knew which materials were destructive to the occupants and to the environment and which were recycled and better for the planet, housing could be improved.

Peter then worked on a project which tested the knowledge of resources of all involved in it. It was an allergy-free home, designed by Glen Murcott, where fibre was used as little as possible. There were no carpets or curtains, and the inside walls were painted, bagged brick. While there was no recycled material in this building, a thorough knowledge of materials and design was required to create a building which was safe and healthy for its intended occupants.

Then a real challenge came along – a two-storey extension to an inner city home, designed by Glen Murcott, where recycled timber was specified in the plan. Peter ran the whole job himself with advice from architect Nick Murcott, builder Tony Tromp and engineer Andrew Brody. A major feature was the use of recycled hardwood columns over 5 metres high, 90 millimetres wide and 65 millimetres thick to support the upper storey. These weighed about 1000 kilograms each and were installed in pieces by hand. Wool insulation was used in the ceiling.

This project was an important step in the evolution of providing a wholistic building service. Peter had been discussing ideas for better housing with

his wife, Alison Glover, for some time. Alison has a technical background, helped source materials, and kept adding new ideas on eco-friendly design and construction. By the time they had completed the extension, they had proved to themselves that their ideas could be a useful and sensible alternative. Although not yet a registered business, Reach Renovations started to evolve when the decision was made to take up the challenge of designing energy efficiency and the use of recycled materials into new and renovated houses.

New projects kept coming for Peter and Alison, and they were soon working on design and material selection with the owner-builders of a bush house at Wollombi, north of Sydney. Peter had met the owners at a bush regeneration course. Because of the high fire risk, steel was chosen for the frame. It was cheap and easy to erect, but tends to lose its strength at high temperatures so aerated concrete blocks were put around the frame to insulate and brace it. The blocks were chosen instead of conventional or mud bricks because they were easy and quick for the owners to lay. Much of the timber, including the window frames, was recycled from the wharf stores at Newcastle docks which were being demolished at the time. Sleeper backs, usually burnt at the mill, were used to line the walls, and the roof insulation was made using a fire-

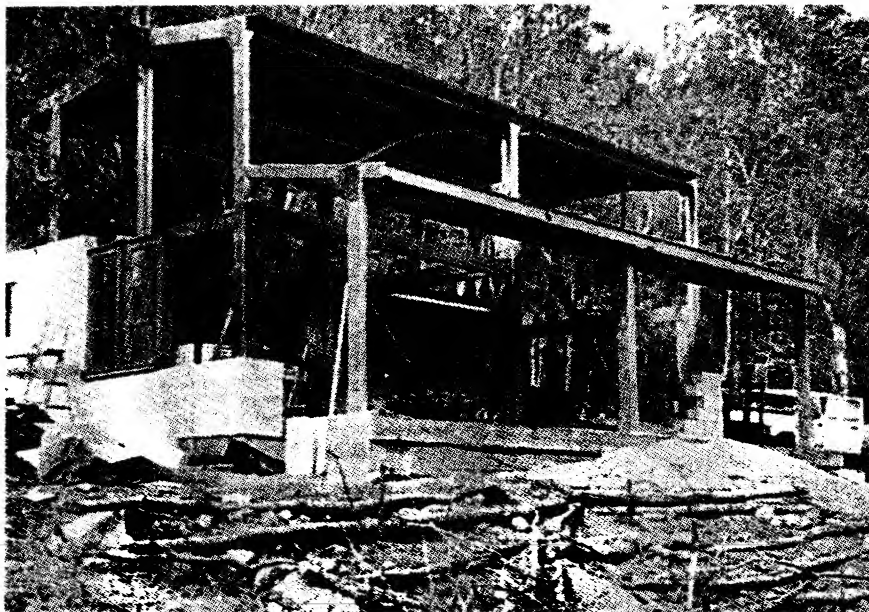
proofed, pulped newspaper mixture which was sprayed on the underside of the iron.

Another project for Reach Renovations was the renovation of a kitchen and laundry for two inner city residents. This was designed by architect Andrea Simpson who produced the original drawings for council approval, and who agreed to have Peter modify these to fit the client's budget and to use more recycled timber. Part of the old kitchen had to be pulled down and because it was chipboard, none of it could be re-used. A solar hot water service was installed, recycled beams were used for the bench tops, and plantation louvres were found for the windows. Plantation ply from Norply was used for the pantry and shelving and bricks taken out of the walls were used as pavers in the backyard. All cupboards were designed to eliminate hiding places for cockroaches, with shelves well off the ground.

In Reach Renovation's most ambitious project to date, the back part of a hall has been turned into an apartment style living area with a bedroom on a mezzanine, kitchen, bathroom and storage area. This was for Michelle Grosvenor and Paul Gilding who wanted to use the hall as an office and the rest as a living area. The renovations were initially designed by architect Rod Simpson and Peter made this practical by creating the finishing details, deciding on the materials, and redesigning dimensions to suit standard sizes to keep the project within the clients' budget. The work had to blend in with a beautiful existing New Zealand kauri pine floor. While jacking this up to level it, a number of large, old kauri boards (all over 3 metres long by 450 millimetres wide) were found and these were used in the renovations.

A feature of this work was that it was designed so that it could be dismantled and the materials used again. As an example of this design practice, the wall panels are removable (they are plywood, not gyprock) for access to wiring and other services.

Michelle and Paul say they really like their Reach renovation. They are environmentally aware and wanted their home to reflect this. They thought Peter and Alison's recycling by design approach worked well and the implementation was first class. Time was spent with the architects to save cost by minimising waste, sourcing recycled mate-



This house at Wollombi, in a bushfire-prone area, used a steel frame braced with aerated concrete blocks. All timber was recycled, even the windows were of recycled glass.

rial, selecting and working with other tradespeople who understood the owners' ideals, and working from scratch to recycle material on site. They are really impressed with the level of responsibility taken – Peter came back and fixed a problem after the job was done – and they are very pleased with the work.

Peter and Alison see building or renovating as an intensely personal process. People suffer from living in houses that are poorly designed or which have been made with materials that break down giving off toxic gases. They feel privileged to be involved, yet know that if someone doesn't co-ordinate and consult on design, energy efficiency, material selection, tradespeople, etc, then owners can easily end up with an expensive, unhealthy building which is costly

to heat and maintain. Their service is to help owners and architects incorporate into their designs recycled material, lower heating and cooling costs, and materials from sustainable sources. They also like to leave out of their designs materials from sources that are not renewable, that are toxic, unable to be recycled or that cause pollution in their manufacture (like cement). They say it takes time and thought to do this, but the end result is always worthwhile. After all, using imported timber usually involves cutting down rainforest, which means you are taking away the livelihood of the people who live there.

Reach Renovations, 57 Hammers Road, Old Toongabbie, NSW 2146. Ph: 02-631-9489. Fax: 02-896-5397. (Reach stands for Recycled Energy-efficient Affordable Cool Housing.)

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# HYDROPONICS – THE SMALL AREA GARDEN

by Larry Charles, Rockhampton, Qld.

*A gardening method open to all, regardless of space restrictions.*



People with little space for gardening can suspend a hydroponic system from a convenient fence.

Not every person seeking an alternative lifestyle has or can afford acreage on which to garden. Some people longing for the alternative lifestyle have to make do with living in a caravan park or unit with no spare earth in which to grow their garden. The answer to this obstruction to the pleasures of gardening is hydroponics.

Hydroponic gardening is not new and there have been many variations on the basic theme. In its simplest form it is the growing of plants in a soilless environment using water and nutrient to produce healthy, fresh vegetables and fruit.

Hydroponics is a gardening method open to all, regardless of space restrictions, and has been proven to produce quality food if the system is constructed and run with care.

Hydroponic systems can also be cheap to build. An enclosed system can be hung off the ground using a small fence as support, or from a couple of steel pickets driven into the earth. What is an enclosed system I hear you ask? It is a system consisting of an enclosed container holding water and nutrient in a light-absent environment. A simple con-

tainer for this type of system is 100 millimetre stormwater PVC piping.

Because hydroponics does not require soil to produce vegies and fruit, there is never any need to weed the garden. Hydroponics is also an economical method of production where water is a concern. There is no need to waste water by ground absorption as all the water and nutrient in the enclosed hydroponic system is consumed by the plant.

A system can be of any size, depending on how much time and money you wish to put into the garden. Where space is a problem it is a simple matter of placing systems on top of each other with about 600 millimetres between each row of PVC pipe. It is a good idea to have each row no longer than six metres to help avoid the spread of any plant disease. This way if a pipe in the system becomes infected with a bacteria it won't spread to the other pipes in the system causing other plants to become infected.

Because plants are grown in soilless conditions does not mean that they do not need care and attention similar to

earth-grown plants. They can be attacked just as easily as their earth-grown cousins. The beauty of hydroponics is that the attack from plant-hungry bugs can be contained to one area due to the separation of pipes used in this system.

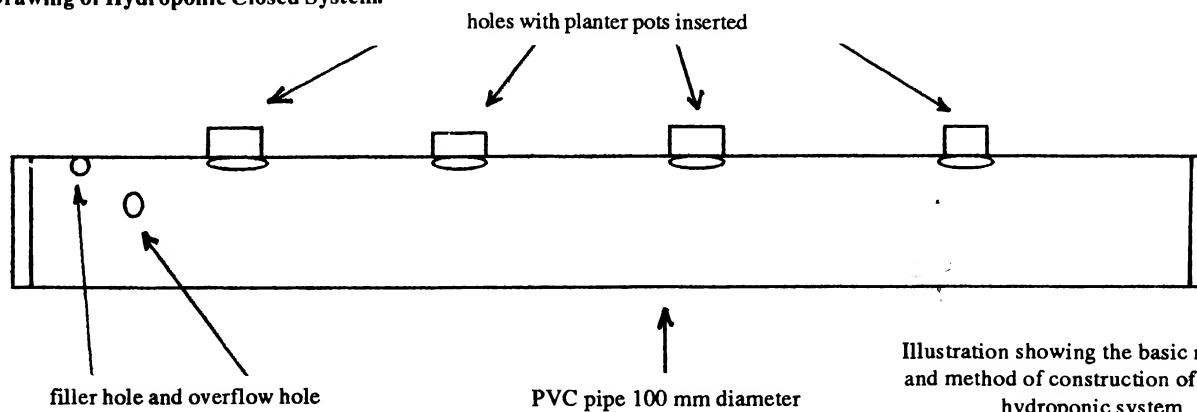
## EQUIPMENT NEEDED

There is no fancy equipment needed to construct a closed system. All that is required for the containers are 100 millimetre diameter PVC pipe, PVC end-caps, some silastic, small (50 millimetres or larger) PVC planter pots, or, if you wish, cut 50 millimetre diameter PVC pipe to the length of approximately 100 millimetres and use these for the planter pots.

The system is constructed easily using, as mentioned, 100 millimetre PVC pipe to a maximum length of approximately six metres, or as short as one metre. This will depend on the availability of area in each particular case.

This pipe is then enclosed on the ends by gluing end-caps to each end. Use a glue that is not permanent, or better still use silastic or similar sealer that can be purchased in tubes from the

### Drawing of Hydroponic Closed System.



local hardware. It may be necessary to remove the ends after the final harvest of your crops to facilitate cleaning out of roots from the now defunct plants.

### CONSTRUCTION

Place the PVC pipe on the ground and mark out a line straight down the centre through the entire length. This is only needed on the one side of the pipe – facing upward.

The spacing of plants is dependent on the type of plant you wish to grow. I have successfully grown cherry tomatoes with plants about 300 millimetres from each other. Once the type of plant and the spacing for each has been determined, mark out, on the centre line placed on the pipe earlier, each position the plants will be grown.

After marking each position drill a hole of about 16 millimetres or large enough to accommodate a jig-saw blade. With this done it is only a matter of cutting out a circle large enough to allow the small plastic planter pots to be easily inserted into and seated on the

bottom of the pipe.

With the 16 millimetre drill, drill a hole at one end and on top of the PVC pipe, and drill a hole about two-thirds the way up from the bottom of the PVC pipe in the same general area of the pipe. The hole on top of the pipe will be the entrance for you to apply the nutrient/water solution. The hole two-thirds from the bottom will act as an overflow if it should rain and fill the system.

### PLANTING

With the holes cut out of the pipe and the planter pots inserted, it is time to plant some seedlings, or seeds if you prefer. Remember, if you choose seedlings over seeds, to wash all potting mix thoroughly off the roots before placing plants in the hydroponic system.

To keep plants from falling out of the planter pots it is necessary to use a medium. This will take the place of soil and should be an inert substance. Vermiculite is a good inert medium and has been used specifically for this purpose. It can be purchased from nurseries.

With the vermiculite in the planter pots and the seedlings planted, it is now time to add the water/nutrient solution. Nutrient can be purchased from the many hydroponic suppliers advertising in hydroponic gardening publications, or from the local hydroponic nursery.

Just mix to the directions given and place into the system through the hole on top of the pipe. This system can be kept off the ground by suspending from a fence with rope or wire, or can be supported by a couple of steel pickets driven far enough into the ground to support the weight of the system.

So now people living in confined areas with little space can grow their favourite produce by using this soilless system. The rewards are delicious, mouth watering fruit and vegies grown right on your own balcony or fenceline.

An organic hydroponic nutrient was reviewed in Round The Market Place, GR 95, and is available from: South Pacific Hydroponics P/L, 252 Oxford St, Bondi Junction 2022. Ph: 02-369-3928 to find a local supplier.

GR 93 contained a detailed hydroponics article and showed a different, larger system.

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# A BEAN BAG FOR YOUR PET

by Robyne Neal, Victor Harbour, SA.



Elderly dogs appreciate the comfort of a bean bag bed. Ralph normally stretches out snoring, but here poses sedately for the camera.

Your family pet deserves a cosy bed for the winter. Why not make it a comfortable bag chair? These will be especially appreciated by elderly animals who often show a decided reluctance to leave their warm 'nest' in the morning. If you make two bags (inner and outer), the outer bag can be easily washed and kept parasite free, or even just vacuumed clean in rainy weather. If you have a young dog, wait until it has outgrown the compulsive chewing stage before giving it a bean bag to sleep on. It has been known for a persistent puppy to worry its way through the zip and into the inner bag.

## INSTRUCTIONS

### Materials

- 3.50 metres of 122 cm wide fabric such as demin, corduroy, calico or twill
- 3 bags, polystyrene beads
- paper for drawing pattern (newspaper is fine)
- strong sewing thread – industrial strength cotton if possible

### Procedure

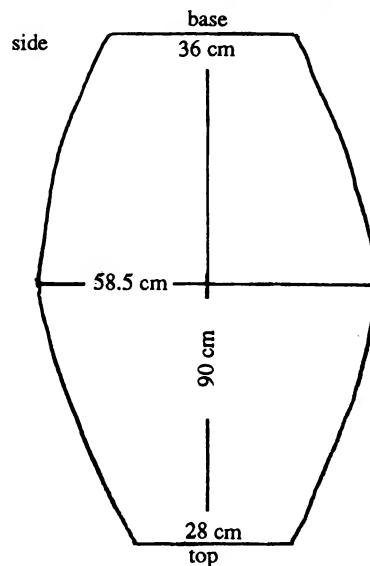
Refer to sketches for pattern layout. Draw the pattern by folding the paper in half lengthwise and then sideways to find the centre for correct measurements. Draw the centre lines first, starting at

the centre fold.

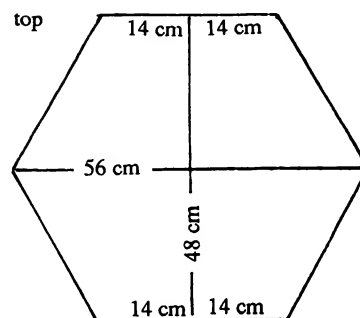
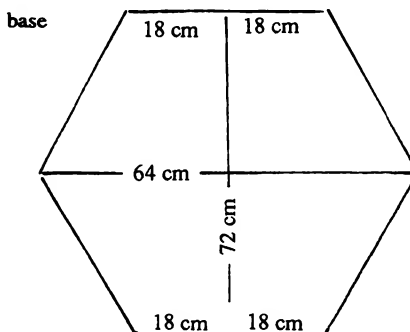
Cut out pattern as shown in layout, seam measurements are included. Sew seams together twice for added strength. Join all pieces together to form a ring. Leave bag open and stitch top section to side pieces, making sure the top matches the sides.

Join the base the same way as the top, but leave open a side. Turn right side out and carefully fill the bag with beans. Stitch the opening – twice – and fluff the bag up.

This is the inner bag. Now make another bag in the same way, but sew velcro or a zip in the base seam so the bag can be removed for cleaning. Insert inner bag into outer bag. Your pet now



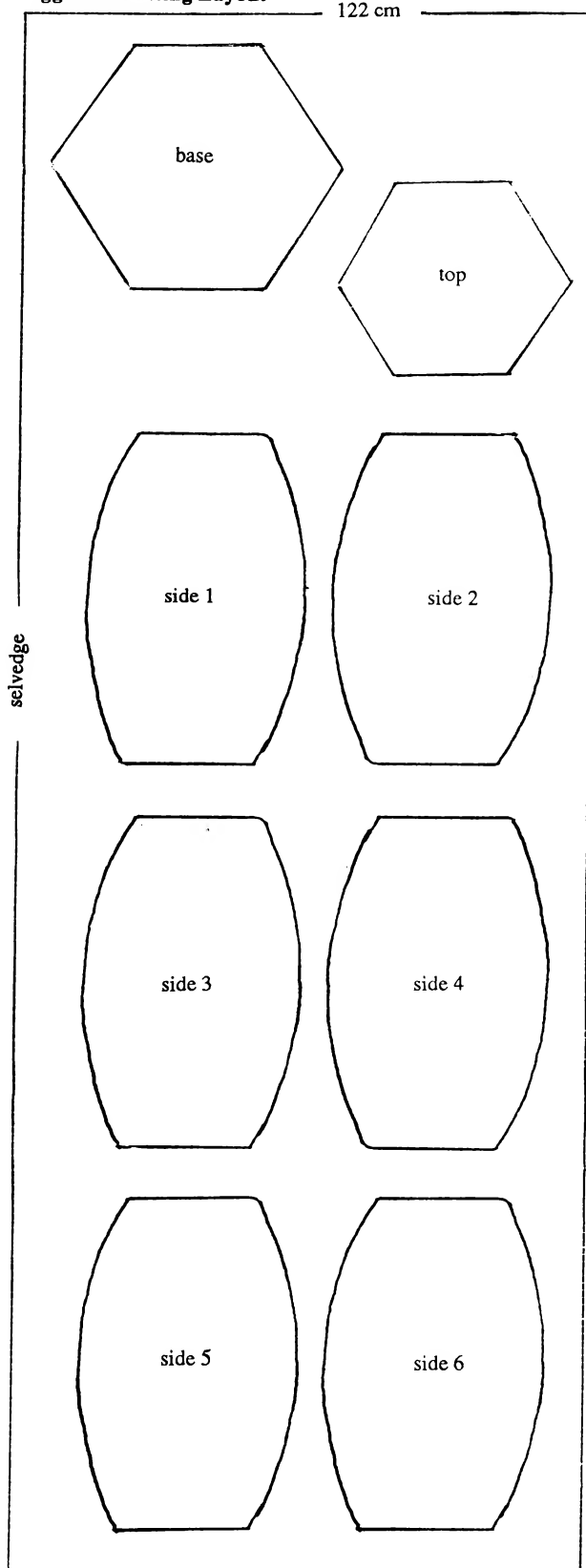
### Pattern Layout



has a warm and hygienic bed. A smaller bag for a cat or small dog can be made by reducing the width of the pattern.

#### Suggested Cutting Layout

122 cm



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# SALTED BOOTS COOKERY

by Vance Avenell, Bundaberg Qld.

We kids of what is now the 'very old' generation grew up in a time when the bush rule of thumb was 'brawn beats brains', so many of us missed more schooling than we saw, and were full-time working breadwinners before we entered our early teen years. Scholastically, we were close to zero, in practicality we were, by force of circumstances, self-sufficient youngsters.

To live is to eat, and food preparation with whatever was at hand quickly became a daily fact of life, for we had not the luxury of a paid full-time cook in bush camp settings.

Our electronic wizardry youth of today are unbelievably clever (in their limited fields) and often fill me with envy for their expertise, but many reach their majority and cannot tackle even poached eggs without the assistance of a computer readout.

We kids grew up with an old .22 pea rifle or a single-barrel shotgun always close at hand, and wild pig suckers, ducks, pigeons, bunnies, occasionally a cut of roo rump roast, or alternatively a roo stoo concocted from a tail were welcome supplements to the dry salted mutton or beef meat rations that usually hung from a tree limb, packed in salt, in a potato sack. After a period of time it attained the same attractive appearance of an old, sun scorched, discarded boot, and much the same texture. Hours of soaking in tepid water, reconstituted it almost to the taste level of a new boot!

We learnt! We had to! And I, never having been a person who loved being head and armpit deep in greasy machinery, evaded much of that side of life by puttering about finding out how to make indifferent food taste better.

No Cordon Bleu stuff, mind you, no matched silver cutlery, white tableclothes and napkins plus crystal wine decanters. Not that I do not adore such luxuries on the suitable occasion, in company of a suitable charmer. It was bushman food, a working man's tucker or fishermen's provisions; all big filling meals. All cooked in odd-ball situations, from open camp fires, 'Dutch'

earth ovens, Polynesian 'Hungu' in-ground pits, or ships' gimbal gas burners and, lately, up to your lovely modern day microwaves.

Delicious memories of whole unscaled mullet, caught with several blasts of concussion from a .303 army rifle slug striking water in the centre of a school, and a rush to retrieve our share of the catch (before the crocodiles arrived). Then, still river-wet, they're laid briefly, but deeply, in the prepared bed of red coals. They were eaten with too-hot-to-hold damper, dripping butter. These are saliva creating recollections of trips to the Gulf Country, up along the Flinders River west of Normanton.



## BUSH CUISINE

Yellowbelly (golden perch), taken from the central west rivers, the Thompson, the Diamantina, or the Barcoo, far out in the wool country, were scaled, filleted and brined overnight in a mix of two parts salt to one part brown sugar. They were hung by the tail ends in a rough sawdust smoker for two to four days, depending on size. The sawdust tub was kept filled till the fillets turned golden and were rubbed over lightly with olive oil for looks and shine. To serve, simmer briefly in water with a splash of vinegar.

### Tasty Tips

- A trick for baking spuds in open fires is to first rub them with fat or cooking oil, at this point roll in seasonings to your taste, the flavour will penetrate during cooking. Then wrap in foil, skew-

er them on a metal rod, a couple of centimetres apart, so the hot metal carries cooking heat to the spud's centre, and also facilitates the handling on removal from the fire ash when done.

- Brown sugar is usually a concrete block when you need it, so store yours with some bread end crusts to keep everything sweet and soft.

- When you are cooking with batter add seasonings to the batter mix, it spreads evenly. Grated lemon into a fish dish and onion and/or bacon chips for meat fritters.

- Frying onions? Soak them for a while in milk and the milk will crisply and attractively brown their surface. The same trick works neatly with peeled and cut roast spud pieces. Or other tastes can be added in the same fashion at the same time in the milk.

- Light on for refrigeration space? Sprinkle your newly cut pumpkin with black pepper for a greatly extended shelflife.

- When cutting up bananas or apples for fruit salads, or storing for use in a cooking dish later, pour lemon juice over them to prevent their going brown.

- Don't waste your orange peels, use them as a drawer and wardrobe sweetener. Dry them out in an old onion bag, then hang bag and all in amongst your clothes.

- Cakes will keep from drying out and going stale if stored with fresh apple or orange peel in their container.

## HUNGI FEAST

Held a surprise, in-ground 'Hungu' party feast for wife's birthday. No way do I risk revealing which birthday, I want to live!

A 6½ kilogram green parrot fish and a 9 kilogram golden trevally were the centre pieces wrapped in foil, and enveloped in banana leaves then nestled in a weldmesh fence panel tray. They joined a similar tray containing jacket spuds and individually wrapped ears of young corn that had had their husks opened and been heavily anointed with highly seasoned butter and been resecured inside their husks and foil wrapped.

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First dig your pit big enough to comfortably accept the mesh cooking trays, and deep enough to get a plentiful load of even sized logs burning down to a deep bed of coals. With a long (very long) handled shovel scoop out your coals, lower in the prepared trays, cover pit with old sheets of roofing iron and stack the still red hot coals on top. Leave for an hour or more. Get all the kids out of the way to safety and dig the lot out. Use your prepared rod hooks to lift trays up.

We had 75 guests and the hardest part was keeping the whole thing a surprise party. It's times like that knowing a few astute bush liars is a real advantage!

### RICE

Now this excellent commodity is probably the world's most used grain. It is also the basis of more cookery jokes and disaster yarns than any other food ingredient on our planet.

For instance, simple ignorance of the water/rice ratios have created encyclopedias of humorous stories. The mountains of cast out buckets of burnt rice or sticky stuff furtively hidden in the backyard would feed a Roman legion. The innocent tyro cook, stands sweating over a roaring fire, constantly stirring, seemingly forever, in an effort to prevent this neurosis creating seed from sticking immovably to the bottom of the cooking utensil.

All quite a needless problem! There are two simple avenues to preparing rice that allow you to wander off and leave it to itself, then come back at leisure and serve it up.

### Method 1

You need a pressure cooker. Apart from its use in preparation of grain foods, a pressure cooker is the greatest asset any busy working cook can have for stews, boiled meats, pot roasts etc. It cuts down the time factor, often by hours as in the case of ox tongues, hearts or other foods requiring forever boiling. It will even turn a galah into a marshmallow texture, but nothing can improve a galah's taste; I don't recommend it.

Take the pressure cooker and add one cup of rice and four or five cups of water, heat till the valve is rocking vigorously, reduce heat for one to three minutes. Then remove cooker from the heat completely, put aside and leave it until the internal pressure has reduced by cooling. Your rice is cooked, unburnt, every granule unstuck, awaiting

the addition of whatever other ingredients you wish.

### Method 2

Requires a large-mouthed soup vacuum flask, again a most versatile piece of kitchen equipment which can be used for leisurely steaming preparations of all grain foods, and is excellent for knocking up pastas for salad dishes, again like the pressure cooker without you having to hover endlessly over the cook pot.

Preheat the flask with a rinse of hot water, then add half a cup of rice plus two cups boiling water (a 4 to 1 rice/water ratio). Screw on the lid and wander away for an hour, but not too much longer, unless you want rice gruel.

There is a small time variation with different rice grain types, particularly hard brown rice. The latter may even need a second application of boiling water.

A story I've heard, but can't vouch for, is that if a large gidea stone is placed in to boil with a cooking galah, when the stone is soft throw away the galah and eat the stone!

### RAW PIE CRUST

- 1 cup raw oat flakes
- 2 tbsp cold pressed oil
- 12 soft dates
- 1 medium sized ripe banana

Mash banana until creamy. Cut up the dates in pieces and mix all the ingredients thoroughly by hand into a ball of piecrust. Press into a pie plate. Fill with your favourite filling.

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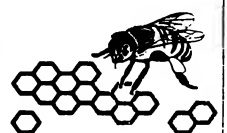
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# THE TRIALS AND TRIBULATIONS OF A SNAIL FARMER

by Pam Jeffery, Brunswick Junction, WA.

So, you want to be a snail farmer? Well, no. Actually, I wanted a coffee shop. A nice, quiet little coffee shop, with white lace tablecloths on polished wooden tables, where genteel folk, preferably elderly, could partake of a leisurely morning or afternoon tea, served on pretty china. Flowers on the tables, everything gleaming, with maybe an open wood fire in winter.

A lovely dream, but...! We are too far out of town for the casual shopper to drop in, we are not en route to any tourist attraction and there is no elderly people's retirement village within cooeee, so another pipe dream bites the dust!

I had read about snail farming some time ago and the idea stayed there, niggling away in the back of my mind, but we had a trucking business at the time, so it had no relevance then. However, about five years ago we found ourselves

suddenly jobless, after 40 years of continuous employment. After considering our options we decided to pack up and take to the road for a year or two, become modern day swaggies and endeavour to find work wherever we could. In the event that we couldn't find suitable employment, we decided to treat the time as a holiday, keep heading north to Darwin, go climbing in Kakadu, head down the Centre to visit our daughter in Port Augusta, spend more time in the glorious Flinders Ranges and then meander back home again.

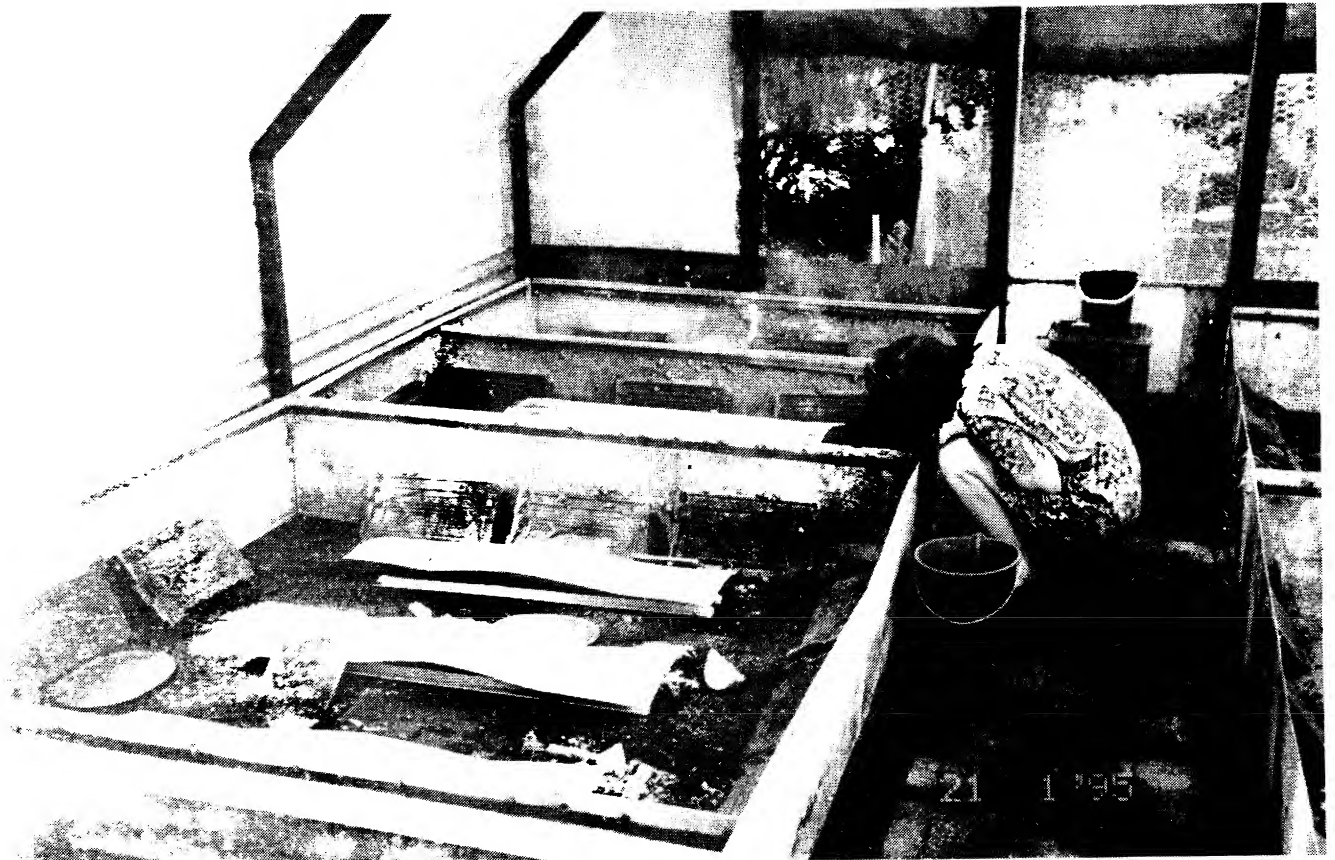
Our first stop was a job (great excitement) in the wheat-belt of WA. A major hiccup saw us leave that farm after only a couple of weeks, but some concerned folk found us another job within hours and, all in all, we were to return to that farm for seeding twice more. We were very lucky and found other work, too,

but at the end of three years decided the hard physical work, often in high temperatures, was taking too much of a toll of Mick's health and we headed home again.

We (I) went into snail farming more on a whim than for any good economic reason. Life had been fairly easy (dull) for several years. I felt we needed a challenge to liven things up a bit, and a challenge is what we got!

I sent off for Sonia Begg's book, after reading of its availability in GR 95, had some market research done, got hold of some other paperwork, ignored all the negatives, bit the bullet and started building a shadehouse. The next step was to get some stock. Here was the first plus! How many businesses can get all the stock they need, free of charge?

An advertisement on the local noticeboard brought us our first problem.



Inside the shadehouse are snails at all stages of development, the system is never without babies; 36,000 were counted in the first year and thousands more destroyed.

We soon had snails coming in thick and fast, and we had no places prepared for quarantine purposes, so our yard quickly became a real Ma and Pa Kettle type of operation! Anything that remotely resembled an enclosure was pressed into service, under shady trees, here, there and everywhere! And, they all had to be hand watered several times each evening!

While we had worked on Ninghan Station, near Payne's Find, I had had to fend off the depredations of nice big healthy snails, so I figured that these, so far from anywhere, just had to be a good, tough strain, to endure the high temperatures and dry conditions. So off we went, complete with a nicely prepared box, to find 30 - 40 good big breeding snails. Pressed by our hosts, who generously supplied us with another box, we came home with several hundred gastropods, which all had to be safely housed.

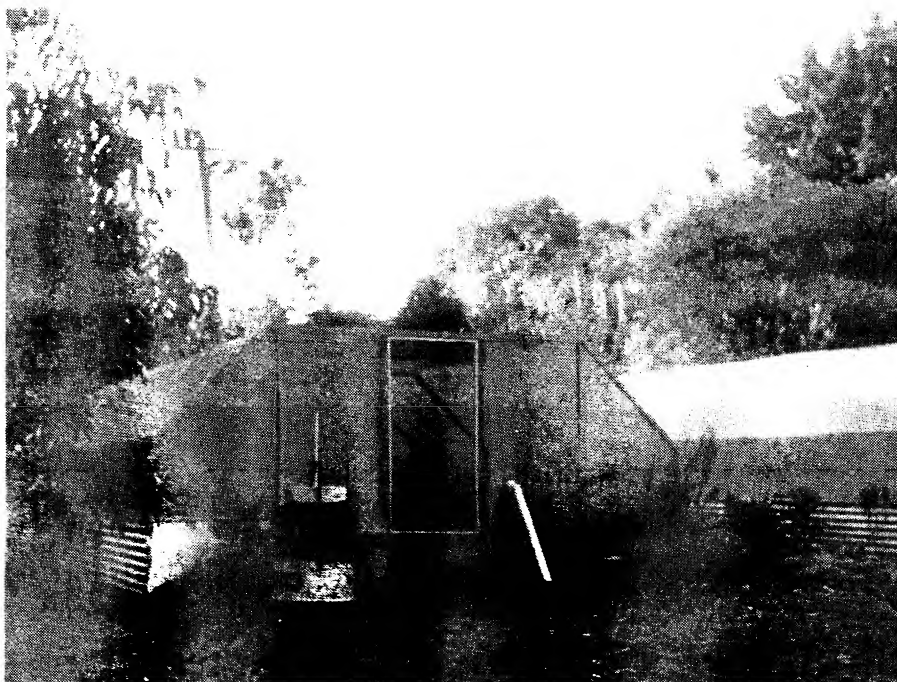
With high hopes (and not a little trepidation) we put them into an enclosure prepared as directed in Sonya's book. All seemed well, but we decided to have one last look before bed. Oh, oh! Disaster loomed! Snails disappearing over the edge in all directions! Didn't they know the copper capping, purchased at great expense, was supposed to have given them a nasty reaction, and thus stopped them escaping? How on earth were we going to contain them for the night?

At this time people were still in our house, so we were living in the caravan and the only available item large enough to cover the enclosure was a double bed sheet, fresh off the line that afternoon.

Picture if you will, the two of us in the rain, by torchlight in a very confined space, trying to cover an area roughly two metres by one and a half metres with a bed sheet, at the same time trying to recapture errant snails! Who says they are slow? Eventually the job was done, the sheet held down in the only way possible; lots and lots of clothes pegs off the line. Since then, clothes pegs have often been pressed into service to keep adventurous stock in check, particularly those escape artists, the babies!

Next day. An emergency phone call to Sonya. What are we doing wrong? Apparently, the capping needs to be at the correct angle to work. Ours wasn't.

Once that was rectified the snails settled down to a more peaceful exist-



There are now two shadehouses, patrolled by working cats to keep the mouse population under control.

ence, to eat, drink and be merry. And merry they must have been, because before long I was collecting baby 'Ninghans' and others, by the hundred. The good food and conditions must have really gone to their collective heads. By the end of the season I had picked up and counted, 36,000 babies. After that we destroyed thousands more!

Fondly counting on just a few hundred babies, I had lovingly prepared a special nursery for them. I covered the entire floor with a little plant called baby's tears, transplanted several succulent young lettuce plants for instant food and refuge and it looked beautiful. With great excitement the first few were placed in there, but as the numbers mounted the excitement turned to mild anxiety. Anxiety to something more akin to panic. Where now? The next pens were nowhere near as elaborate, believe me! Since then I have become a bit more choosy. This year I saved the largest eggs and destroyed a lot of the (hopefully) inferior babies.

Well, as babies will, they grew rapidly, and maternal pride turned to dismay as my three-to-four-month old babies started to do what comes naturally and the whole cycle started again and seemingly never stopped! Forget about breeding seasons; I don't think we've ever been without babies in the system.

The high cost of copper sheeting has caused us to look at other options to

contain our happy wanderers. Some books say galvanised iron is successful, but I've seen too many happily living on galvanised iron to believe that one. We decided to try out miniature electric fences, and the system, powered by solar charged batteries, worked wonderfully well, when it worked! The constant moisture caused the wire to quickly corrode, so after repeated mending of breaks and trying different wires without success, we gave up the battle and let them wander at will, though still contained in the shadehouse.

We now have a second shadehouse, an improvement on the original, in that we now have more practical than theoretical experience, but are still experimenting with the best ways to do things. We still have our problems, specifically, mice, mice and more mice. Mums, dads and babies galore, who laugh at our pathetic attempts to trap them. Who needs a pumpkin seed when there's a whole smorgasbord laid out before them?

Apart from the snails I have two dear little dogs and there are many native birds here, so I couldn't use any poison, even if I wanted to, and advice to bait traps with peanut butter had only a limited success. We finally resorted to putting a hose down the hole and flushing out and trying to destroy any lurking mice.

Our little terriers love to chase them, also, but you can imagine the mess and

chaos in my pens with two wildly excited dogs dashing madly to and fro, mud and water going everywhere and the poor snails being knocked flying and trampled into the mud. We stopped doing that very quickly, but my dogs prowl ceaselessly in the hope of surprising a cheeky intruder.

We have now bowed to the inevitable and acquired two cats. We have built a pen outside the shadehouse for them to sleep in and a wire run leading into each shadehouse, for hunting purposes. They will definitely be working cats. We planted a lot of shrubs and trees over the years, to entice back the birds and won't have cats ourselves, though neighbouring ones sometimes wander in. Our new livestock are semi-wild farm cats, so hopefully, will be capable of doing the job we require of them.

We have been snail farmers for two years now, still a long way from selling any, but have learnt a lot and had some fun in the process. I have become a scavenger extraordinaire. I prowl the vegie section of supermarkets, inspecting their waste bins for suitable greenery and I'm never without at least two bags tucked into my purse.

I have learnt to value the presence of

slaters and worms in the pens – waste food and dead snails are quickly dealt with. We also have a horde of free-loading slugs and I wage a spasmodic war on them, but have you ever seen their eggs? A glorious fairy necklace of crystal beads! What a pity they are such a nuisance, they breed nearly as prolifically as my snails.

The waste greenery goes into my embryonic worm farm, for recycling back to topdress my snail pens eventually and the waste dry food is fed to my three hens. The dry food trays are washed in a trough under the lemon tree, thus utilising the waste water.

The long, hot, dry summer last year saw the loss of a large number of our mature snails. Some have succumbed to disease, some to a natural loss occurring after egg laying, but I think the majority have simply given in to old age. Being taken from a free range environment to an enclosure, with different food offered, is no doubt very traumatic for them, but I have been told there will be fewer losses with each succeeding generation.

The problems we have are very similar to those other snail farmers have experienced, so it's a comfort to know

it's not just our lack of management skills to blame. In the meantime, we will just 'keep on keeping on'. We are making progress, albeit slowly, and hopefully, one day in the not too distant future, we will also make some money.

No, I haven't given up the idea of a coffee shop. One day, when the tourists start flocking in, perhaps I can offer them coffee and muffins or a Devonshire tea or even a meal of snails. Who knows? The possibilities are endless.

#### Recommended Reading

*Farming Snails in Australia*, by Sonia J Begg. Available from: Vigorous Public Relations, PO Box 119, Gunnedah 2380. RRP \$32.50.



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# TO RAISE QUIET CATTLE

by June Birkett, Coopernook, NSW.

Everyone wants quiet cattle, especially milking cows. When the dairy herd counts to seventy or eighty cows plus another thirty young heifers (first calvers) to be raised, quiet stock are essential. So how does a person get quiet milking cows?

One way is to raise them yourself. Young cattle raised on a bucket as dairy stock almost always grow into quiet milking cows. When they are fed from the bucket twice a day, as we do from the first week of their lives, they soon know the hand that feeds them and hence become used to your smell and ways and do not panic around humans. Cattle can learn! People sometimes find this fact surprising, but if you feed your calves out of a bucket in a set place they look for it and by rubbing your hands over their heads they become familiar with the human scent and lose (or better still learn no) fear of you. They develop a trust between man and animal which is the start of quietening cattle and makes training, cleaning and calving easier on the handler.

Once the heifers become of age and are put to the bull they are put out to pastures away from the milking herd. Sometimes when calved they are brought back to the bails and are very nervous with the noise of the bails and their calf being separated from them. This can cause difficulties, but quiet, firm actions and persevering over a couple of days reassure the heifer that she is all right and so is her calf, hence she usually responds and becomes a quiet milker.

If at first she chooses to lash out and kick, putting a kick bar (bought from produce stores) will stop her kicking and she will eventually give up.

Unfortunately some cows are 'kickers' and then you must decide, if she is a good milk producer, whether to keep her or keep your total herd quiet and sell her off. You cannot change the cow's genes, and some will not change their way. In order to keep a quiet strain, eliminating the nuisance is the only way.

When buying a cow from the cattle yards for milking, the cow is usually paraded around the cattle ring and her temperament often shows. If she is attempted to be milked and kicks out



Quiet steady handling from a young age will nearly always produce quiet cattle.

wildly on each occasion, she does not look like a good buy. Whereas a cow that stands quietly and allows handling, is steady although nervous, would seem a better proposition.

When buying cattle at a sale ring, the more difficult traits of an animal will most probably be pointed out. If necessary ask or take someone you trust and they can pick a quieter animal for you with the best milk traits. You are able to learn these points yourself by being around cattle a lot, learning by exposure and handling cattle.

Most milk cows are now dehorned, but any cow or bull that immediately runs with lowered horns at a human has a difficult temperament and should be rejected.

Quiet bulls, and I can only speak for the dairy bulls, are being raised through the AI programmes and quiet temperaments are the only acceptable ones. We have a Murray Grey bull that has a temperament as quiet as a lamb, because he was bucket raised and handled constantly. All bulls should never be trusted and one must always be on guard with them. However, the bull we have is so quiet he can be walked from paddock to paddock by my husband and so his value is twice that of a more difficult to handle animal.

When handling cattle it is best to keep noise to a minimum, unnecessary

noise will 'spook' cattle as they react to different people around them. Flapping skirts or shirts, hats or anything different from what they are used to can make cattle nervous.

When worming or drenching cattle, it is better to have helpers that know what they are doing, causing the least necessary disturbance. Quiet handlers make for easy jobs, more quickly done.

Cattle not used to small children can panic if there is a child running around. Because of the child's small stature the cattle think they may be dogs. Cattle do not have good vision.

Milking cows like set customs, places for milking and familiar people, hence they react well to firm handling and words familiar to them. A cow used to being fed dairy meal in a bail, needs to be treated in the same way when there is a change of owner as they do not like change in feeding patterns.

A milking cow with accredited milk genes is worth a fortune, but worth nothing given a bad temperament during milking or handling. I definitely believe quiet cattle come from quiet training patterns from birth, if an animal is starved or mistreated, it will do whatever is necessary to stay alive, often developing bad habits.

Train animals from young to be quiet when older.

### JERUSALEM ARTICHOKE

by Ann Cliff, Hill End, Vic.

Yellow flowers two to three metres tall, their faces to the sun, make a pleasant screen in the summer garden. And meanwhile, in the deep dark soil, their tubers are growing into vegetables for winter use. Jerusalem artichokes live on from year to year, pushing up their pale green leaves every spring. *Helianthus tuberosa*, the Jerusalem artichoke, is a hardy plant, surviving winter frosts in the north of England and, although I never saw it flower there, it was an important vegetable. In Victoria at least, it tolerates Australian summers and I have yet to find a diseased artichoke.

In a dry summer I have agonised over individual plants which have dried up in the heat while others survived, but the tubers kept on going and the next spring they were just as good as ever. A good mulch seems to be the answer, applied after the leaves emerge.

For a long time I thought that Jerusalem artichokes must come from the east, but I was wrong. This is a North American native and the name is a corruption of the Italian '*Girasola*' which means that it turns to the sun. The word artichoke apparently comes from Arabic *Al-Kharsuf*.

Early travellers to North America found that the Indians cultivated artichokes and the French called them 'potatoes of Canada'. By 1617 there is a record of artichokes growing in England and by 1636 the plant appeared in an edition of Gerard's *Herbal*.

Probably because it is so permanent, the artichoke has not often been cultivated as a farm crop, although there are references to its use as a stock feed in France.

In the garden, artichokes will grow almost anywhere, but of course the largest tubers come from the richest soil. No-dig gardeners love the plant, which needs no cultivation. Simply bury a few tubers in an old compost heap and stand back! It's best to plant during winter. Artichokes are similar to potatoes in that the tubers can be divided for planting, so long as each piece has an 'eye'. If planting them in a garden bed they need good drainage and generous amounts of manure and/or compost.



Jerusalem artichoke tubers can be left in the ground and only dug up when needed, after the plants have flowered.

You may be able to buy tubers in a vegetable market or beg a few from friends, but don't be surprised if they take their time to emerge. The first tubers I planted in Victoria declined to show up until the year after planting. I dug down, found them still healthy but dormant, so left them until the following year, when they duly emerged in spring.

The flowers are quite pretty and last a long time when taken indoors. I was told to cut the flowers in order to promote tuber production, but I usually leave them for show. In the autumn, the leaves slowly die and the stalks look untidy, so you can cut them down at that stage. But thrifty peasants cut the leaves for feeding animals (goats like them) while they are still green, or pile the leaves on the compost heap towards the end of summer, when they have done their job of producing food to store in the tubers. The stalks are too tough for composting as a rule.

Leave the tubers in the ground until you need them because that is the best way to store artichokes. Their brief shelf-life may be a reason why they've never been popular commercially. As artichokes go soft and wrinkled if you keep them more than a week or so, dig up as

many as you need for a meal and leave a few from each plant to grow for next season.

The knobby tubers are ready for eating after flowering is over and they have a variety of uses. I often scrub them and roast them in the oven, or add them to soup or stir-fry and most people enjoy the distinctive, slightly smoky flavour. They can be sliced and eaten raw in salads.

Instead of starch, artichokes contain inulin, a polysaccharide also present in dahlia roots. They are quite sweet, containing about four percent sugar. The sugar in artichokes is in the form of levulose, as in fruit, and so it is good for diabetic diets. There is no starch in the plant and little protein, so there are virtually no calories. Artichoke tubers are a good source of vitamins and minerals, particularly potassium and thiamine, which is part of the vitamin B complex and needed for the nervous system.

The tubers can be white or purplish, according to variety, and about the size of a potato, which means that there is considerable variation in size. Look out for them on market stalls and in nurseries, or beg a few tubers from someone else's garden.

# GOODBYE MY FRIENDS

by Judy Aitken, Lillian Rock, NSW.

Three years ago GR 97 published my story titled 'Friends at Calurla'. The response from the story was mind blowing. Many people telephoned saying they wanted to meet me, some wrote letters.

That story told people how I came down from Brisbane for a drive and fell in love with the beauty of the Nimbin area. That day I found our beautiful 25 hectare property and the moment I stepped out of the car I knew I had to buy it and that the name should be 'Calurla' (where the sun shines).

After cleaning up the property, which took two years working nonstop from dawn until dark, I became restless and in need of company. My fertile mind began to remember my dream of a small restaurant in the country. I counted the cars passing along our unsealed road and soon realised there were sufficient passersby to justify me in starting a small business. If I gave it all my energy it would be successful.

I have come a long way since those early days. It all started with just \$150, borrowed cups and saucers, and one table. The former banana packing shed

which I had made into my residence now had to double as my restaurant. I operated in this manner for three years but now I have handed it over entirely to my enterprise which has grown into a whole nature-based resort.

The latest additions are two high quality chalets, overlooking natural bushland with Mt Warning and The Border Ranges looming on the horizon. A great deal of thought has gone into their design with dry composting waste system toilets used. As well, each chalet is solar sensitive. With large glass doors opening northwards they will be heated naturally in the winter. The chalets are surrounded by a permaculture garden.

It seems that our visitors love 'Calurla' as much as we do. Overnight guests always comment on how much they enjoy their sleep and waking to the sounds of the birds. Just one step outside their door and they are into the wonderful environment. Guests love seeing wallabies, possums and brush turkeys right outside their door in a rainforest setting.

Maintaining 25 hectares, caring for all our farm animals, cleaning the cara-

van park amenities, cabins and chalets, plus running the restaurant has not been easy. My success has been achieved through good forward planning, making sure that I always achieve goals by reviewing them constantly and fine tuning them, by motivating staff and involving them in decision making and achievement of shared aims, and tight financial control.

My aim was to lead the way in nature-based tourism in this area. Calurla has won many tourism and business awards, but most of all I hope I have been seen as a role model to others in this area of high unemployment. We all have the power to achieve our dreams of a better life by creating our own employment.

It's time for my life to change direction. My time here has been the best of my 52 years, but while I'm still young enough I'm off to Africa to fulfil yet another lifelong dream. I have written this article as a way of saying thank you to all GR readers who helped my place flourish on the concept of sharing. It is with a very heavy heart, that I have reached the decision to sell Calurla.



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# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 242, Euroa 3666.

### SHEEP EAT ROSES

I only have two acres which also includes the house and I allow my two pet sheep to graze freely around the block. I have fenced off my fruit trees and vegetable patch but find that they fancy my roses. As much as I love my sheep, I hate to find my roses bared of leaves. Can anyone offer assistance? I have tried sprinkling them with cayenne pepper and spraying with water and chilli peppers with no success.

C Wedding,  
BITTERN 3918.

### GUINEA FOWLS

On the comments made by Eva Moss (GR 114) about guinea fowls. I've been hand rearing keets but haven't come across the same problems. From three weeks old they spent all day out in a large well vegetated and shady pen. Morning and evening they'd be taken for a walk where they'd literally fill up on grasshoppers. Between midmorning and late afternoon would usually be too hot for them, but on overcast or rainy days they'd have additional outings.

We have some very large grasshoppers here and often the keets would stretch themselves on tip-toes to swallow up to 10 cm ones. Their appetites were enormous and it was difficult to imagine how it could all fit in. But afterwards they'd 'waddle' contentedly back home. Their stand-by food has been turkey crush, rice, millet, and chook pellets, with access to dolomite. Rice is often hung up in bundles in their pen.

By 8-9 weeks of age they were swallowing grasshoppers to about 15 cms and phasmids to about 20 cm lengths, then racing off for more. Occasionally they'd tear off and eat strips of grass, although the bulk of grass intake would have been as chewed or partially digested matter within grasshoppers. I would assume that the movement of such bulky objects through their systems would have pushed through any matter prone to lodging in one spot.

Keeping animals in boxes with all the 'recommended' foods can produce boredom and problem behaviour. I did lose one keet to cats, slack vigilance on

my part at the time. But now, after a number of cat attacks, the keets have developed successful (so far) responses. Night attacks are the most common but the sleeping cage is very secure. Any situation brings its own kind of risks. But from my own experience I'd tend to move towards a more natural arrangement rather than more artificial.

Zlg Madyckl,  
MANINGRIDA 0822.

### GUINEA PIGS

Having 'retired', I purchased 10 acres with a small creek bisecting the property. We are looking towards self-sufficiency as far as is practical for two sixty year olds. We are looking to raise poultry, etc, squabs, and if possible rabbits. Have heard that there is a heavy breed of guinea pigs developed here in Australia, similar I suppose to the New Zealand white rabbit. If anyone can forward information on this subject I would appreciate it.

K Reig,  
UPPER MYALL.

*As we are not familiar with this breed we also would like to know of its availability.*

### GOOSE SEXING

Is there any easy way of telling ganders from geese as we have 15 geese and Rockhampton Downs Station needed a gander and I didn't want to lose a layer? It's a nice big dry area out here so do please drop in for a cuppa when next touring the Territory. We have three black and yellow ducklings, and lots of ducks and fowls also.

A Hunt,  
TENNANT CREEK 0861.

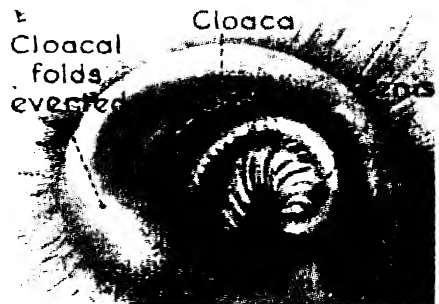
*The system we usually recommend for sexing geese is to set aside an hour or two (maybe in a block or in 10-15 minute components) and sit down near the birds so you can observe them. Penning them for a period is more successful than just sitting near a resting flock. What you have to do is familiarise yourself with the two different tones of the cries and sounds emitted. With concentration you will differentiate between a loud, harsh cry or squeal and a very deep, bullfrog type answer. The males are the 'squealers', the females the 'bullfrogs'. Once you have the voices for guidance you may notice other distinguishing gender characteristics, like size, lengths and thickness of neck, coarse-*

*ness of head (males) and the low, occasionally dragging abdomen of laying or near laying females. A characteristic which cannot be relied upon as a sign of gender is the appearance of either single or dual lobes between the legs. You can also differentiate genders through vent sexing but this requires some expertise or you will find the males will freeze up and not exhibit their penis, thus confusing the sexer into thinking the bird is a female.*

Reproductive Organs of Goose and Gander



Above: the discreet genital eminence of the goose and below, the larger and concentric ringed penis of the gander.



## SOUTH COAST FIELD DAY



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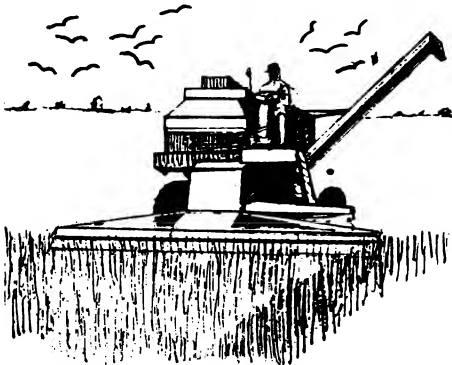


# ECO NEWS

## BIRDS IN THE WHEATBELT

Earthwatch (see GR 109, pg 36 for details) is running a weekend expedition to study the role of remnant patches of native bush in the WA wheatbelt in ensuring the preservation of bird species. Do birds travel between patches? Are the patches large enough to support sustainable populations? Can farmers help by planting particular plant species? Participants will learn how to set nets to trap birds to identify and tag them and how the data is added to accumulated data from other research to build up a detailed picture which helps develop sustainable management strategies. The dates are Sept 13-15 and the cost \$175 (does not include transportation to the venue).

For details write to: Earthwatch Australia, Level 1, 457 Elizabeth St, Melbourne 3000. Ph: 03-9600-9100.



## UNUSUAL ADAPTATION

Paperbark trees of Australia's wet tropics have been found to have the unusual adaptation of upward-growing roots, which help them survive in flood-prone areas of poor soil. The CSIRO research team found that 11 of the 15 dominant tree species on the Daintree research site have upward-growing roots which penetrate the bark, in some cases up to five metres above the ground. Most of these roots have mutually beneficial associations with fungi, exchanging nutrients for sugars made by the leaves of the trees.

Researchers believe that the roots allow the trees to obtain nutrients and oxygen when the ground is flooded. They may also allow the trees to intercept nutrients from rainwater washing down the trunk, recycled nutrients from the bark and also act as wicks, drawing water

up above the flood level to where these roots can continue absorbing nutrients while the submerged roots are inactive.

This research has implications for decisions about tropical coastal forests, pinpointing the complex relationships which enable species to survive.

For more information contact: Peter Trott or Paul Reddell, Tropical Forest Research centre, Atherton 4883. Ph: 070-918-800.

## HERBICIDE-TOLERANT WEEDS

Due to over-use of herbicides Australia is one of only two countries with 'multi-tolerant' weeds. These herbicide-tolerant superweeds already infest many areas. Alarming new research indicates that herbicide-tolerant genes, engineered into crops to allow them to tolerate up to 20 times the recommended strength of chemical, readily jump to related weeds. The tolerance was found to be carried over into nearly half of the second generation of superweeds tested.

ACF has called for a prohibition on public funding for herbicide tolerance research and a ban on genetically engineered herbicide-tolerant crops. More emphasis should be placed on integrated nonchemical options.

For details contact: Bob Phelps at the Gen-Ethics Network, ACF, 03-9416-2222.

## GREENHOUSE NEWS

Previous estimates that greenhouse warming in the southern hemisphere would be only one-third that in the northern hemisphere have been drastically revised in the light of new studies by CSIRO oceanographers. The findings indicate that the capacity of the southern oceans to delay global warming by acting as a heatbank is only about half the previous estimate used in computer models to predict climate change. There is a need to increase observations of the ocean processes in the southern hemisphere rather than relying on results of northern hemisphere climate change programmes.

In an ACF survey of federal and state government responses to the greenhouse producing issues of energy, transport and land management, none of the governments scored well. The NSW government was judged to be the best performer and the Victorian government

the worst. The 40 page assessment of government greenhouse responses is available from ACF for \$15.

A community seminar and workshop presented by the Alternative Technology Association, Sydney Branch, Sunday June 16 at Macquarie University is entitled 'Living In The Greenhouse'. The seminar will highlight practical ways of saving money, health and quality of life while reducing greenhouse emissions.

For information about the seminar contact: Bob Jones, 02-498-5001, or 02-235-5790. To obtain the assessment of government greenhouse responses contact: Australian Conservation Foundation, 340 Gore St, Fitzroy 3065. Ph: 1800-332-510, or 03-9416-1166.

## BUGGED BUNNIES

ACF and the Gen-Ethics Network have called for an overhaul of the laws and voluntary guidelines governing the experimental and commercial release of new organisms into the Australian environment. This follows the series of alarming outbreaks of the rabbit calicivirus disease in South Australia, the pilchard kill off our southern shores, Brisbane's equine virus attack and the fruit fly outbreak in Queensland. A review covering both introduced and genetically engineered organisms is needed.

From an environmental viewpoint, of particular importance is the potential threat of viruses such as calicivirus on native animals, and the question of the impact on wildlife if rabbits disappear as a source of food for foxes.

The public must be fully involved in setting the priorities of all such projects. The dozens of exotic and genetically engineered organisms released each year for research, biocontrol and commercial reasons must be brought under more rigorous control.

As a result of these concerns the Minister for Primary Industries and Energy, Bob Collins, has now set up the Australian Quarantine Review Committee, whose terms of reference are the review of current animal and plant quarantine policies and programmes. The environment and community consultation are given high priority in the review.

A background booklet is available from the Australian Quarantine Review Committee. Ph: 06-271-6631.

From *Habitat Australia*, Dec '95 & Feb '96.

# FEEDBACK LINK-UP FEEDBACK

Dear Mrs Horsfall,

Many thanks for your letter. I have read your book review regarding *The Ultimate Book of Flowers* and would like to inform your readers that they can obtain this publication from ourselves for \$15 either direct from our warehouse or by mail order (\$5 postage and handling). Our books are sometimes discounted up to 60% from the recommended retail price. *What Food is That?*: \$12, *World Events*: \$15, *Treasury of Childrens Literature*: \$15. Should anyone require further information please contact me.

Terry Kinsella,  
Lifetime Distributors P/L,  
Unit 6/8 Victoria Ave,  
CASTLE HILL 2154.

Dear GR Readers,

Are there any GR readers out there who have any **HERBAL RECIPES** for cosmetics, perfumes, household products, pest repellants, tonics, soothing balms and soaps etc? Hope you can share some of your recipes with

K Hoek,

RMB 559A, BODDINGTON 6390.



Letters are accepted and edited at the discretion of the publishers.

Dear GR,

The good thing about this part of the world (Darwin) is that even though it's fine and dry from the end of April to October or even longer we always get 'the wet'.

Another advantage of living here is that the bushfires are not such a threat to life and property. Because of the savannah type of vegetation we have, when the fires come the treetops don't burn and even though the great heat of the spear grass burning causes them to lose all their leaves, within a few weeks they're all getting their new green leaves. If you keep a few metres cleared around your home and your garden well watered there's no way the fire can ever get you.

Actually I don't know why more people don't live in this – dare I say it – underpopulated part of Australia. Here in Darwin River it cost only \$23,000 for 20 acres only 40 minutes (62 km) south of Darwin and half an hour from Palmerston. That's including power to the gate. That must make it the **CHEAPEST LAND** so close to a major centre between here and Tasmania. If you are looking for land up here it is a good idea to come in Feb or March because then you can see when the flooding rains come whether your block turns into a swamp or that dip in your driveway turns into a raging river, making it inaccessible for six months.

Our block has water running across the middle of it in the wet which means I can't for example drive up to the other end. But I'm not exactly cut up about that fact because I'll never be able to 'use' 10 acres let alone 20. But having such a size gives you a bit of breathing space around you.

When the rain finally comes it cools everything down and everything comes to life – a real rebirth equivalent to the southern spring. And half an hour or so later after a storm the sun comes out again. In fact the only time we get almost nonstop rain of say two or three days is at the height of the wet when the great monsoon sweeps over from Indonesia. Then we get a constant north-west wind and one storm after another. It can really cool down then, to say 25° or even 24°.

Here's a **TIP FOR ALL DOG OWNERS** faced with the occasion when Rover turns down every tasty morsel you put in front of him yet stares hungrily through the window at you eating your steak – and he's got that real lean and hungry look on his face. Well, all you have to do is next time you roast a chicken or anything else which releases

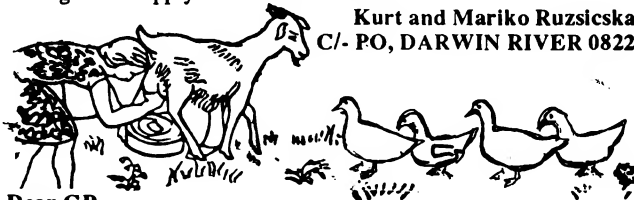
copious quantities of oil, collect the fat from the drip-tray and pour into a jar. Then, when you feed him or her, just pour a tablespoon or two over the top of his rice or dog biccies, mix in well and I guarantee that he'll eat his dinner in record time and will be waiting for more.

When we moved in here a year ago our place became infested with **REDBACKS** and we couldn't find and kill all of them, especially the tiny insignificant males. A real worry especially with the arrival of our newborn daughter. Somebody told us to get some daddy-long-legs to take care of the redbacks. Finally we found three and brought them back home, each in his or her plastic container with holes punched in the lid for breathing (just like all those years ago taking specimens to school – such fun).

Well, for the first two or three weeks they just sat there on the wall. Then there was one more and then one more. For about one month they were just living side by side with the redbacks and I thought it wasn't going to work. Then they multiplied a bit more and suddenly all the redbacks were gone and we have never seen one since.

Our goal here is to become 95% self-sufficient in food by the end of next year. The fruit and vegies part of it is easy. There are half a dozen tropical greens that grow like weeds here, and our pawpaws, bananas and Fiji apples already have fruit on. We plan to supply our meat needs from ducks and table pigeons. Now all that we need is to find a goat to supply our milk and cheese.

Kurt and Mariko Ruzsicska,  
C/- PO, DARWIN RIVER 0822.



Dear GR,

We are desperately seeking advice on the **SILENCING OF A DIESEL PUMP**. Our neighbour has the habit of irrigating three or four days a week from 7.30 am to 6 pm. The pump is about 100m from our home site (to be), very old and very noisy. He has added a new muffler, but still it is like living on a construction site. If anyone has any advice on how to deaden the sound, we'd love to hear from you. For example, could the pump be totally enclosed in brick or similar?

Also if anyone has plans or ideas on how to build a **WIND OR SOLAR WATER PUMP** (economically) we'd be very interested. Our area is often very windy at night and plenty of sun during the days.

In regard to the discussion on **BUTTER/MARGARINE** in recent issues. We have been making a 50/50 mix of butter/canola oil (or similar). This spreads easily straight from the fridge and obviously has less fat/cholesterol than straight butter.

Tom & Anick,  
408 Gleniffer Rd, BONVILLE 2441.

Dear GR,

If you're building your own **ENVIRONMENTALLY FRIENDLY HOUSE**, a 'must see' video from the ABC is 'Makers – Craftin Australia'. Number 1 in the series is 'Making Do', \$45. As there are eight in the series I'd ask the local library to get these very useful, pleasant and educational videos into their repertoire. The contact is the ABC TV programme sales in your capital city. As is so often the case there is no free 1800 telephone number for this government department in a capital city and a call will cost a bit at peak 9-5 rates. I hope this scam will change one day.

'Making Do' is a good insight into recycling which has always been with us, at least for any thinking/caring members of the human race.

Other topics covered in the series include the revival of Aboriginal art, body adornment, how artists and artisans like to work, either in co-operatives or hermit-like. All good subject matter for schools or anyone of any age with hopes of improving their lives.

Roberino,  
Lot 4, ARRAWARRA BEACH 2456.

# FEEDBACK LINK-UP FEEDBACK

Dear Megg & Mary,

I've just been cured of an extremely bad bout of tendonitis in my hip, caused by spinning, of all things, after months of agony, when the doctor couldn't pinpoint what my problem was, the pain was so widespread. I'm quite well now, but I don't want to aggravate the thing again, so I'm looking out for an electric spinner. I've managed to find a large (36") table loom, so I will be able to alternate my weaving between that and my foot-powered loom.

My step-daughter rang Ted (in November '95) to tell us that she is going to be married early next year ('96). This will make our already busy lives even busier! My son was married in March '95 and, being pretty poor, as we usually are, we weren't sure what sort of **WEDDING PRESENT** to take for them. So, Ted made a big blanket box from recycled timber and we filled it with all sorts of little knick-knacks that they might not have for a new home, nothing very expensive and things that are used frequently and replaced often. Every time we saw an interesting or useful article that we could afford, we bought it and popped it into the box. Later, I bought tea towels and towels and pillowslips and everything was wrapped in them to stop breakages.

The list was quite extensive: a bucket and sponges; storage tins (4) that fitted one inside the other; cake tins; a sewing basket and all the bit and pieces to go in it, each bought separately, pincushion (hand-made in patchwork in a matching colour to the basket lining), tape measure, thimble, press-studs, cottons, needles, pins and a jar full of buttons (very handy); a recipe book and a couple of novels; picture frames; a cuddle pillow, which I bought for the wonderful rose perfume that permeated the box and made it smell so sweet; measuring jugs in different sizes; some pretty vases, different shapes and sizes; flower pots and seeds; bookends. The list of 'little things' grew and grew. We also put in a large sachet of rose-scented potpourri and scattered some of it throughout the contents as they were wrapped and packed. The box was initially lined with cotton blankets, then everything else wrapped in tea towels, towels or pillowslips and packed in tightly, so there was no movement (we had a two-day drive to the Gold Coast), then the blankets folded over the top and tucked well in.

It took Tom and Jan over an hour to unpack the box and discover all the little surprises, many more than I've listed, and they reckoned it was a terrific present. Also, except for the brass fittings on the box, most of the things we bought weren't expensive. We bought them over a long period of time (about a year, I think), so we weren't up for a large lump sum, a difficult thing for pensioners to find, and, though the box and contents perhaps weren't as flash as some of the presents they received, they will all be used and appreciated. We think that Bronwyn might like something similar for her wedding present, so I'll start to look for likely 'little things' whenever I shop.

Jenny Lacey,

55 Gorry Rd, Red Lion, via TALBOT 3371.

Dear Friends of the Planet,

In April I started on what for me is a spiritually healing **JOURNEY AROUND AUSTRALIA**. This letter is to find like-minded souls who are open to my visiting and possibly assisting in whatever enterprise is happening. I am an adaptable mature WWOOF host whose spiritual path is of utmost importance. I feel that spirituality encompasses honouring nature and our innate knowledge will surface when we let go of all the intellectual conditioning and get in touch with intuition. For me simplicity is the key, and living in harmony with all of creation.

I am an experienced caretaker as well, so if you need a TAFE accredited organic gardener and animal carer to attend your property please contact. I have a four-wheel drive camper so accommodation is not a problem and any letters, which will be most welcome, will be forwarded on to me wherever I am in Australia.

Alwyn,

C/- 18 High St, LISMORE 2480.

Dear Sir, Madam,

I am writing to you, in order to obtain any information about LYE. I wish to know where and how I can buy lye (soap making). Please write or contact me by phone.

Dina Serensen,

8A Mabel St, TOOWOOMBA 4350.

Ph: 076-381-364.



Dear GR,

I like the changes! What a boring world it would be if we didn't change, though it took me a while to find it in the shops. I was glad to see Gumnut Gossip brought forward to the front of the magazine.

I first picked up GR at number 97 when my little girl was just a few months old. There on the second page was a letter from someone who lived in the next street to me. That encouraged me to buy it and I haven't missed an issue since.

I was very interested in the **SUNFLOWER HOUSE** on the Kids Pages. Would this kill all the grass around it? My husband seems to think so. We are renting and I am sick of 'Can't do that, it's not our house.' If it does kill the grass would it be easy to reseed the area in autumn? Also, is it necessary to use the tall growing variety or would cocky seed do?

We are stuck in the renting cycle while my husband's job continues to take us all over the country. It is wonderful to see new places and experience different climates, though gardening does suffer. Usually we have to start again each time from bare lawn. We are however, paying off our little piece of heaven near Mudgee, NSW, where we hope to grow hazelnuts, olives, lavender and the like. Any readers from around Mudgee care to write? Also, can anyone share with us their experiences in building with concrete blocks?

In the meantime we are trying to qualify ourselves for jobs for when we move to the Mudgee area. I am trying to register with Family Daycare here. This is one job where I can work in most of the places my husband's job takes us. It will also provide company for my 2<sup>1</sup>/<sub>2</sub> year old now that his sister has started school. I hope in the future to do a childcare course also. I am always on the lookout for interesting activities, songs and rhymes for kids, so if anyone has any snippets they'd like to share it would be wonderful to hear from you. Kids Pages is also a wonderful resource. Here is a **RECIPE FOR PLAY-DOH**, always handy. 150 g (1 cup) plain flour, 250 ml (1 cup) water, 125 g (1/2 cup) salt, 2 tbsp cream of tartar, 1 tbsp oil. Cook, stirring, over moderate heat until mixture leaves the sides of the pan. Knead until smooth; store in airtight container. Can add colouring of your choice to water before adding. And string painting is fun. Tie a piece of string or wool to a peg and peg onto the side of a margarine container or similar so the string dangles in some paint put in the bottom. Each container having a different colour paint and a different string peg. The child then takes the peg off and dabs the string up and down all over the paper making an interesting snaky pattern picture. My son calls them worm paintings.

Aleon,

3 Hayter Pl, PAGE 2614.

Dear GR,

Could anyone give me a recipe for MEAD (old English ale)? It would be much appreciated.

A Stuart,

C/- PO, WINGELLO 2579.

Readers should be aware that it is illegal to promote or be involved in 'pyramid' type chain letter schemes which claim massive incomes from a modest outlay. The maximum penalty under the Fair Trading Act is \$10,000. If you have been bothered by such letters contact the Office of Fair Trading, otherwise light the fire with them.

# FEEDBACK LINK-UP FEEDBACK

Dear GR,

Thanks for your good magazine. I'd like to pass on my idea I used for **BUILDING MY HOUSE**. First I put down a concrete pad. Then I built the walls with untreated cypress timber and construction plywood. The roof is made of solid 50 mm cypress timber laid on exposed rafters, and covered with corrugated iron.

Inside I nailed chicken wire on the timber studs, working from the bottom, one strip of netting at a time. I filled the 100 mm gap with balls of newspaper dipped in watery concrete.

When this had hardened I plastered the whole lot and painted it when dry. I think the outside could also be plastered if large roof overhangs were used. I'm a 45 year old, single, and would welcome penfriends.

Lance Bullock,  
C/- Dargaville PO,  
NORTHLAND, NEW ZEALAND.

Dear GR,

Could you please give me any info on **ELECTRIC OR SOLAR** (all weather though) **FOOD DRYERS** as we dry some fruits at the moment on trays in the sun, but a rainy day throws a spanner in the works. We are quite keen on an electric one as we have an inverter that converts our 12 volt power to 240 volt. I wonder is there anyone out there that has one and would like to sell as we needn't buy a new one as long as second-hand is good. We live off the coast in the Mackay area so perhaps there is someone who would like to sell one in that area.

Elizabeth Hickling,  
Middle Pen Island, via MACKAY 4740.



Contributors and  
correspondents who  
want letters or articles  
returned are requested  
to include correct  
postage.

Dear Readers,

I am looking for **IAN PARER** who used to live at 2 Coulton Rd, via Hall, ACT 2618. He moved up to Byron Bay not long ago. He has retired from his job at the CSIRO where he studied rabbits. In his spare time he raised Angora rabbits with his family, and was living with his daughter. It seems as though he has not received my last letters, and I don't know his new address at Byron Bay. I posted a few letters to Byron Bay Post Office thinking he may look there for some.

A long-time friend of mine since childhood, and I, were going to buy a farm up here, but it has been sold on us! So we are looking for another one either in northern NSW or southern Qld; tick-free areas. We intend to be sustainable on permaculture ideas running large British White cattle (we are after a registered bull calf and some heifer calves, to poddy raise!), stud Suffolk sheep, cashmere, milking strains of goats and a few Angoras. As mixed farms do better than just one sort. We already have some sheep and goats. We will put in fodder trees, shrubs, grasses and also grow native other trees in belts, as some areas have to be left open for pasture to grow.

We hope to grow all of our own vegetables, herbs, fruits, nut trees. Have our own mixed poultry, pigeons etc; for eggs, meat, feathers for arts, crafts, etc. I make handcrafts, paint and sew. My friend Julie, will stay in the city and be the silent partner and only come up for holidays, long weekends. I will be the working partner as I have been on the land for 20 years now and worked at many jobs, but mostly as a Jillaroo, so I have the experience behind me! The property we are looking for will be between 125 and 500 acres. It must be tick free, with something to live in.

R Perkins, (Jillaroo),  
Dead Bird Mission, ASHFORD 2361.

To Dear GR People,

I wrote a letter a while ago. However things changed drastically for my husband and two kids. We moved from Victoria to the Adelaide Hills. We're renting a property in an isolated spot called **ROCK-LEIGH**, about 26 km from Murray Bridge. Anyone near us call in or drop us a line, we'd love to hear from self-supporting people.

Also in my last letter I wrote of the **SLING** which I would recommend any parents-to-be to use. I couldn't write back to some of you who wrote to me requesting the name and address – because of our move. To those people the name is, the 'Wilkinet Carrier', phone 0011-44-239-841-390. It's in England. The operator may have more details or an up-to-date number. I practise the continuum concept with both kids and this sling was terrific.

Also please I have looked through back issues for **FOLK WEAR PATTERNS**. Tinker Tailor of the ACT used to have them and distribute, but no trace of them now. If anyone knows of any, either a business or maybe you have some at home not in use some place, I would really appreciate your information on this as I've come up to a brick wall. Libraries also are no use to me. Thank you all. I love the magazine very much. The new cover is very inspirational and fresh.

Yvonne Anderson,  
RSD 9, CALLINGTON 5254.

You could possibly obtain patterns by writing to the printer, 'Interweave', The Taunton Press, 63 South Main St, PO Box 5506, Newton, CT, USA 06470.

Dear Friends,

I write in the hope of reaching other 'energetically challenged' readers who have acquired **CHRONIC FATIGUE SYNDROME**. I am a 42 year old teacher who has been disabled by CFS and its attendant constellation of symptoms, since the annual flu in 1992. By 1995, I have lost my home and family, had aspersions cast on my veracity, integrity, professionalism and sanity, and faced an ongoing battle for disability compensation.

In reporting the onset of CFS to doctors, I have maintained that my descent into a fatigue state occurred in observable stages: a round of Hepatitis B vaccines, uncharacteristic serial infections, prolonged antibiotic therapy, onset of candida symptoms, insomnia, allergies, inability to recover from the flu and finally postviral fatigue. My observations on the matter have been poorly received. As there are no recognised and scientifically validated diagnostic tests, treatments or certain prognosis for this condition, doctors maintain a sceptical stance on the validity of CFS. An identical postviral fatigue disorder was first described in 1750, 245 years ago, but CFS has not been granted disability status in any Australian state, to date.

This state of affairs has led me to several conclusions. CFS may be in part, an iatrogenic illness, consequent on the mismanagement of antibiotic therapy and viral assaults, delay in diagnosis and medical support, and ongoing unresolvable medico-legal conflict. Until CFS is recognised as a disability in Australia, the CFS disabled remain ineligible for protection from disability discrimination.

While persons with CFS are being marginalised, the medical profession is leading from the rear in the fight for recognition, or the promotion of preventative information.

In a bid to encourage CFS pro-active change, I invite readers to assist me in the collation of an omnibus of true personal stories or **TALES OF CFS SURVIVAL**. It is hoped that the omnibus will be parked with the relevant authorities, when it has reached a size persuasive enough to validate the need for the recognition of CFS as a disability, in our nation, in our time!

Pretyped stories of 500 words maximum, covering the onset, symptomatology, perpetuation and survival of CFS, be it by recovery or adaptation, would be appreciated. A small additional self-addressed envelope will ensure a receipt. Please send your story to:

The Omnibus,  
C/- Gavranovic, PO Box 96,  
MT MORGAN 4714.

# FEEDBACK LINK-UP FEEDBACK

**Hello Grass Roots et al,**

**SPIRULINA ALGAE** is an excellent source of protein, in fact the best, 75% for those unable or not wanting to eat meat products. It has many values but some cautionary aspects should be considered. It is an excellent appetite suppressant, hormonal balancer, essential and nonessential amino acids easily assimilated into the bloodstream.

Some noticeable effects have been an atrophied muscle responding in two months with exercise, strength of fingernails. Details are available from any health shop.

However, anyone considering using this product should consider if they might be susceptible to its possible toxic side effects, eg for hypoglycaemic (spelled by Lizzie Bauple) persons it can have a beneficial levelling of blood pressure. However, it might also cause the pressure to be unstable relative to the dosage. It might be a good notion to start on a small dosage working up to your right dosage.

Some of the signs of overdose could be: full head, so to speak, dizziness due to blood pressure reduction, overload on the kidneys, sudden lack of energy, hitting the wall. Anyone with heart, kidney, blood pressure and overweight problems should consult a medical doctor before its usage. Spirulina is an excellent food product of the present and future. The idea is to use it not overuse it. As indicated, too much protein in the bloodstream might have complications.

**COOL THE HOUSE** by installing a small sprinkler system covering the roof; also good in case of bushfires. If on town water then the water could be recycled to the garden. Tanks: some evaporation but most will return to the tank via the gutters. I planned to do mine eight years ago, but will do it this year. I'm on solar and will wire the pump from the panel side of the regulator, taking care not to allow the pump to take away too much power until the batteries are charged.

Thanks to those persons in my area who have helped me through a difficult few years, particularly one person who refuses to be named. I lamented that no one cares, her answer: 'They care but they are afraid.' I intentionally list my telephone number for those who might need whatever help I can provide. I get crank calls from mindless cowards. They are a minority. I'm as poor as a churchmouse and can offer limited advice and lend a big ear. I also like a good chat.

Just remember: If you are down and blue, there are others just like you. In a short time, you can have a caring person on the line.

Les Lolli,  
PO Box 12, BAUPLE 4650.  
Ph: 071-292-443.

**Dear GRs,**

I am interested in **OLD PRINTING EQUIPMENT**. I have a working collection of nineteenth century letterpress equipment including foundry metal and wood type, presses and accessories. I produce old-style printed matter, mainly 'jobbing work', cards, letterheads etc, using only hand power and often combine this with handmade paper and original wood engravings where appropriate, eg wedding invitations.

I am always interested in acquiring extra useful equipment and would appreciate any contacts of potential sources; also sharing of interests, plus commissions and orders.

Richard Jermyn,  
'Indian Head Press', PO Box 158,  
BEMBOKA 2550. Ph: 064-930-342.

**Dear Everyone,**

Help... We are in the process of compiling a reference database of **OLD-TIME RECIPES, REMEDIES, CURES & CRAFT**. So much is being lost in the name of progress (?). We have a genuine concern that this knowledge will be lost for all time, and that future generations will not have any idea of (let alone appreciate), the wealth of knowledge and ingenuity that our founders had.

If you have any of your grandparents' recipes for cakes, soups, bread/damper, bottling/keeping fruit and meat, making soaps, or cures for any ailment (from headaches to hangovers), be it for man or beast, any remedies for removing stains, untangling hair, keeping

whites white etc, or knowledge of the many craft items made such as rag rugs, quilts, weaving, dyeing using natural dyes (blackberries, flowers, etc). In fact anything at all that shows that it was possible to survive without the local supermarket, that you could cook a nutritious meal without a microwave oven, and if medical advice was many miles away, you could rely on family remedies for most things, and you didn't need a video or computer games to fill in the time, because there was always someone to show you new ways to create something with your own hands.

Any and all help and assistance with this project would be greatly appreciated and acknowledged as the source of the reference material.

C & C Perkins,  
PO Box 361, CABOOLTURE 4510.

**Dear Megg and Readers,**

Reading GR is a great source of encouragement. Thanks to everyone for the interesting articles and various tips, and thanks for the index which helps me fetch back some of the information.

Would anyone be able to help me? Four years ago I **HAD SHINGLES**, I also had two operations for a work-related injury. Since that time I have an awful sensation around the rib cage. It feels as if I have been badly sunburnt or as if raw flesh is exposed. I cannot wear anything tight and even light cotton clothing feels like sandpaper rubbing on my skin. Blood and urine tests have only shown an iron deficiency which is slowly correcting itself. I have cut out processed and junk food, I do not drink, do not smoke, my intake of coffee or tea is minimal. I have gone from doctor to doctor to no avail. Has anyone got any suggestion as to what I could do?

Has anyone bought land which they could visit only every three months? Did you start a garden? I would love to hear about someone's experience. Two years ago I planted four trees, the frost got one this year, the others are fine.

I am saving to get away from Sydney and wonder if anyone else doing the same would be interested in going for day walks or cycling in or around Sydney.

Pascale,  
PO Box 79, NARWEE 2209.



**Dear Readers,**

I love knitting and desperately need **SCRAP WOOL AND KNITTING PATTERNS** for small items suitable to give as presents. My family often receive knitted gifts handmade by me, but I'm running out of ideas. Please help a keen knitter.

Janet Vanderneut,  
21 Dotterel Pl, INGLEBURN 2565.

**Dear GR,**

I've been a GR reader for over four years now. In that time we have moved from the city to the country for a total change of lifestyle. We are slowly but surely setting up to become self-sufficient. Because of my allergies, in the form of migraines, to colourings, flavourings and preservatives, I have been making my own **SKIN CARE PRODUCTS**, shampoo, hand creams, toners, face cleaners, masks etc, containing herbal products and no colouring or preservative. I am now able to offer these products for sale. If any GR readers are interested, please read ad in grassified GR 113.

Can anyone out there send me some **QUINCE SEEDS**? I've been searching high and low for them for ages.

Debbie Sloane,  
PO Box 2444, BUNDABERG 4670.

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (re)ligious, political or other) will not be published.

# FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

A huge thankyou to all the people who replied to my letter in GR 110 asking for help re 'the TOWELLING NAPPY DEBATE', and also advice for preventing/treating cold sores! I had over 40 replies, which was just amazing! As I now have a beautiful son, Callum Matthew, born 23rd July, I don't exactly have heaps of spare time for individual thankyou's so this a group one. A special thanks to Maureen Pearl who sent two samples of nappies she makes (1 Dean Ave, Mt Waverley 3149, if anyone is interested in buying some), and also Sandy Hudson who dropped around with a lovely nappy and singlet the day I came out of hospital. I was in the middle of the three day blues (on day 5 - I'm a bit slow) and was feeling overwhelmed with being at home on my own with a new baby, so her timing was great; nothing like a friendly smiling face when you're having a good cry!

It appears 99% of people who replied use towelling nappies - many in combination with a 'snappy nappy' device (about \$3 from chemists/Target etc) which I've found a godsend. One reader even used towelling nappies whilst on a two-week cruise - had them hanging around the cabin drying! Unreal!

About the COLD SORE dilemma - wow! Seems as though it's a very common problem. I actually got a real doozy the week I had Callum and so couldn't kiss him till he was two weeks old - very frustrating! People wrote with many different ideas of how to treat them and one lady even had a smallpox injection which may seem radical to some, but she's been coldsore-free for 12 years which sounds unreal! Ninety percent of replies were from people who take L-Lysine tablets (available from chemists and health food shops), and they all swore by them. I told a friend and she's started using them when she feels one coming on and say they're fantastic. You can buy a special 'cold sore tablet' which contains L-Lysine, zinc & vitamin C and some other goodies. I'm a bit wary of taking tablets whilst breastfeeding but plan to use them down the track. Hope this helps other readers who suffer.

My favourite letter was from a grandmother who wisely said that you get lots of advice re babies not just about nappies but all aspects of baby care. She was all for following your instinct - 'Do what you feel best. It boils down to hard work, common sense and overwhelming love.' Sounds pretty right to me!

Kathy Ffoulkes,  
29 Benton Way, SAFETY BAY 6169.



Dear GR & Readers,

Thanks to all those who responded to my enquiries about PORTABLE RAINWATER TANKS. I'm sorry I haven't had a chance to thank you all individually.

In response to Glen Lee and many others, I have found that the CANDIDA DIET works wonders for my eczema and scaly scalp. This basically involves cutting yeast, sugar and fermented products from the diet. When it was first suggested by a chiropractor in Nambour 10 years ago, I followed it to the letter and within three weeks I was symptom free. I'm no longer so careful, but whenever symptoms reappear, this diet is what works.

And to Henriette Sonne: I met some people a few years ago who were controlling their lupus with intravenous vitamin C as prescribed by a naturopath/doctor. I know no details, but it might be worth investigating.

Thanks everyone for a useful, practical and thoroughly enjoyable magazine.

Janni Summer.

Dear GR Readers,

My partner and I are currently selling our share on an MO in northern NSW and hope to relocate in 1996 to the coast in Queensland, or even the NT or WA. Ideally we would like to find another MO community-type situation, but can afford to buy a relatively cheap block of land freehold. We hope to be travelling north by May 1996, camping along the way, and would appreciate any information readers could provide about communities or bush blocks along the way. We have a strong affinity with nature, are permaculturists and have a wholistic approach to life and would welcome the chance to meet like-minded people and create new friendships.

Russell and Cherie,  
PO Box 510, NIMBIN 2480.

To Megg & Co,

Around the early 80s, I discovered this wonderful magazine. How excited and relieved to find people who thought and wanted to live like I did. Gentle, caring folk, who receive so much from nature and as a gift in return, try to nurture and look after Mother Earth as much as possible.

So around 1983-84, me, my husband and three kids bought 16 acres of untouched land, at least for the previous thirty years or so. As both my son and I **SUFFERED FROM SEVERE ALLERGIES** (food and chemical), I decided this was our start to get back to basics and start from scratch.

We built a shed, lived in that for a while, then built the house. My designs wanted to incorporate solar hot water, wood heating, second-hand doors etc. I had to compromise, so a gas HWS went in and so did a gas stove and gas heating. I fainted, being allergic to gas, so in went a wood central heater.

I learnt about natural pest control and carried loads of rotten straw and manure to build up the garden. My husband, to my frustration, poisoned what he could. I planted and watered trees, native to attract the birds, to keep insects down and deciduous to let in the light. He cut them down and more. I built the biggest, most impressive compost heap ever made. He set fire to it because, quote, 'it looked untidy'. At one stage, I produced every meat and vegie we ate, made my own bread, but was told to go out and buy *real* food (you know, that oily preserved stuff). So the struggle continued.

I cherished and encouraged the wildlife, he ran around trying to shoot them. Even my attempt at recycling failed: I was condemned for even thinking of passing near an op shop, my antique furniture was considered junk, the recycled toilet paper was said to 'block the toilet', and so it went on. And to top it all off, I was one of those damn greensies.

Lucky for me, my husband (ex) also drank far too much and was very violent, so around 1990-91 I put him out to be recycled, but sadly away went my beloved farm. With three kids I needed a roof, so when it felt right I bought the home we are now in. There's virtually no yard, but we're doing the best with what we have. I've built a tiny vegie garden (yes! with recycled timber), topped it with leftover sawdust and have bought myself the best looking compost bin I saw. I've interplanted vegies among the flowers and don't spray a thing, my broccoli look like a dart gun has attacked them, but I don't care. We pulled out carpet, polished the floorboards, have a wood heater, use hardly any chemical cleaners at all, recycle as much as we can and have a very enjoyable time going to fetes, op shops and second-hand shops. Our life has turned on its head, but we are all healthy and happy.

Lorraine,  
22 Bird Ave, MYRTLEFORD 3737.

Dear GR,

Apologies for the wrong information in my letter GR 112, pg 44 (fly trap), it should have read **BONOX** not borax. Borax (boracic acid) is used under fridges, stoves and behind sinks for cockroaches, keep away from food, utensils, children and pets.

J Miller,  
KEVESLEY 7212.

# FEEDBACK LINK-UP FEEDBACK

**Dear Grass Roots,**

I moved from Sydney to a small acreage on the south coast three years ago. I've settled in and I'm here to stay. There are several dead trees on the land. The bark is in very good condition and I would like to use the **BARK TO BUILD A HUT**. There is a level sunny spot close to the house which would be even better with some shelter from the afternoon southerly. My neighbours think a bark hut would be a good idea and have offered to help with the work. I have limited 'handy' skills and expect that there are a few tricks to building I need to find out about. I hope to be able to put a corrugated iron roof on the hut so that the rain runoff can go to a nearby water tank.

If anyone has plans I can buy, or some advice about the structure and building bark walls I would be very grateful (a photo of the masterpiece will follow for sure).

Margaret Smith,

Lot 16 Walncourt Rd, EUROBODALLA 2545.

**Dear GR Staff,**

A little bit of information for you. Windorah is in the **CHANNEL COUNTRY** in far south-western Queensland not all that far from Birdsville which most people know. Our nearest towns are Longreach (340 km) and Quilpie (240 km). Approximately 80 people live in Windorah. We have lived here before but moved back as we like the people and lifestyle (but not the dust, heat and flies). We fish and swim in Coopers Creek which is 10 km away but at the moment are battling cotton developers as we feel this environment is far too delicate to withstand massive water extraction and chemicals.

We have just purchased the local post office, so intend to stay and would be interested in articles on **GARDENING IN A HARSH ENVIRONMENT** (hot summers and cold winters) in a way which conserves water. Citrus fruits and vegetables grow well here but isolation doesn't stop insects. Wind is a problem as well. The local council is interested in helping the community 'green Windorah' which is a big help.

Carolyn Gorringe,

Post Office, WINDORAH 4481.



**Dear GR,**

A big thank you to Roy of Crows Nest for supplying a **PRICKLY PEAR JELLY** recipe. He thought I could pass it on to GR readers. Remove the prickles by putting the pears into a sugar bag or piece of hessian and rolling them around, as long as the pears are well ripened, and keep the water to a minimum otherwise it takes too much boiling to set well. Three lemons to 4 dozen prickly pears,  $\frac{3}{4}$  cup sugar to each cup of juice. Rub pears with a coarse cloth to remove prickles and cut each pear into two or three pieces. Place fruit in large pan, cover with water, boil one hour, strain well. Measure juice, allow  $\frac{3}{4}$  cup sugar to each cup of juice. Return to stove, boil till jelly will set, add lemon juice, boil 3 minutes. Bottle and seal.

Gaye Nicholls,

MS 1855, THEODORE 4719.

**Dear Grass Rooters,**

I am hoping somebody may be able to help me with my  $3\frac{1}{2}$  year old son, Tyi. He suffers badly from **INSECT BITES** and reacts to them by constantly scratching. I have tried creams like Sorbalene and he's been prescribed antibiotic ointments in the past due to infection or eczema when he was in nappies. I purchased a cream from the health store but need something to help the scarring. He is fair skinned and the scars are roundish, white to pink marks now, mainly on his legs. We live near the beach. Should he be in the salt water more or is there a herb out there? Please write to me and help. All letters will be answered.

Also, my partner, Rod, and I are currently clearing and preparing five acres for our dream house and extensive gardens. Both of us met in horticulture and are interested in bush tucker and Australian food, also tropical food plants and seeds. Any would be appreciated. We would love to hear from all Grassrooters in the Port Stevens areas that share interests in 4WDs, bushwalking, forest camping, good food and wine, plants and gardening (all permaculture of course), wine and food preserving and storing (we have a huge pantry in the planning). Maybe you have established your piece of paradise and could share/show some building hints and so on with us. We plan to use lightweight concrete blocks, recycled cedar windows and doors and timber throughout. All energy efficient planning has gone into it due to much research and solar panels hopefully will take over as money allows. High ceilings with clerestory windows and tiled floors (also good as we have vast amounts of sand). We want to use a drum heater. Are they good to use and do they work well in smaller sizes?

Jodie, Rod and Tyi,

2/40 Blanch St, BOAT HARBOUR 2316.



**Dear GR Folk,**

I am searching for information on the **CELTIC FIRE FESTIVALS** of Samhain; Imbol; Baltane, and Lughna - sad. Could someone please send any relevant information on how these festivals were celebrated, as well as Midsummer and Midwinter?

Also, I have discovered that these festivals were celebrated on dates such as May 1st; Nov 1st; etc, but surely the ancient Celts wouldn't have been familiar with the Roman calendar or its inconsistencies, so if anyone could help me out in these area I'd be much obliged.

Justin Shipley,

95 Roberts Rd, KELMSCOTT 6111.

**Dear GRs,**

I'm writing this on an old office banger, an Olivetti 82 that I picked up at a garage sale. My electric typewriter gives me the willies and I feel at home using this machine. What I'd like to know is if somebody remembers how the old typewriter ribbons used to be re-inked during wartime. My little store of ribbons can't last forever, and I don't know if I can buy more. There are lots of these sturdy old machines around, going cheap, and all that many of them need is a good clean up and a spraying underneath with fine oil spray. Then the ribbon can be inserted and off we go. It occurs to me that an article on such old typewriters and getting them back into service might be just what's needed to get many a potential writer into gear. The typewriters are there for the picking, for just a few dollars, on church fair tables and in op shops right now. As for me, mine's a beauty and several times 'round the clock', and what I need to know now is, how does one **RE-INK FADED RIBBONS**, and with what?

June Grondin,

18 Harrison Way, KILSYTH 3137.

**Dear GR Readers,**

A few years ago I wrote a small article in Feedback. I would like to thank everyone who wrote with words of encouragement, I received 43 letters and answered every one. I now have some very good friends. It made me realise, when you call out for help you do not have to be alone, there is always a shoulder to help weather the setbacks. Life has returned to near normal, being on one's own isn't so bad. I also found out I'm not useless, or stupid, am even capable of thinking for myself, am now part of the human race, a free spirit. So all the lovely caring people, both men and women, readers of GR who took time out to write, many many thanks.

Maggie Piers,

PO Box 27, CARCOAR 2791.

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

# FEEDBACK LINK-UP FEEDBACK

**Dear GR Folks,**

Hello to Barbara of Coffs Harbour (GR 112). You have at least one soul mate. I, too, feel the burden of being outnumbered under the name 'modern progress'. I live in a quickly growing population area. Trees are falling everywhere, so that all newcomers can have a small patch of this so-called paradise. No trees now. I'm writing about it. I want to shout about it. My friends, the trees, are disappearing and I feel helpless to help them. No trees now.

Yes, people have forgotten how to smile, there appears to be no care and understanding. Forget about being a good neighbour. It's each for their own and you can't have ours, it's mine now attitudes. Greed at its best everywhere.

I want to be concerned, but feel trapped and isolated at being forced to live against my real wishes. A multitude of reasons cover this emotion. Society is showing much negativity with vandalism quickly moving on us in both business and private sectors.

This is a society now, that cannot bring itself to tell the truth, fearing, as individuals, they may become isolated, as I am for being concerned.

Anyone else care to write – to shout. It's nice to know that I am not alone any more and that there is life beyond the barriers of negativity around me. Time to experience life after all, so let's unite, caring for peace in all areas of this world. I look forward to hearing others speak up.

**Gaelle Murray,  
PO Box 1180, PIALBA 4655.**

**Dear Fellow GRs,**

The last time I wrote was to ask for info about **DAM LINERS** because we had been told our soil wasn't suitable to sink a dam. Well let me say after tonight's storm our 12 month old dam is about  $\frac{4}{5}$  full. I found when dealing with heavy machinery operators it pays to shop around and know your onions, ask lots of questions. Eventually you will find the right person to do the job.

The consensus of opinion on the dam liners is, don't bother in most cases. They are very expensive, quite small, have a limited lifespan and few contractors have the experience to lay them correctly.

Now I have another question I hope the great GR network may be able to help with. We recently found a 1000 gal tank at the dump which will be perfect to hold water out of the dam for the gardens. Due to my child bearing hips and Dan's bad back, concreting it is something we hope to get out of. I have heard that there are plastic tank liners on the market, but our sleuthing has come up zero. A lot of people have heard of them, but no one seems to know who actually sells them. Can anyone help?

I also noticed in GR 112 a number of letters asking about hair care products. The most natural, cheapest and **EARTH FRIENDLY SHAMPOO AND CONDITIONER** I know of (and use) is Sunlight laundry soap and vinegar. Do be sure to use Sunlight even though there are homebrands, but I have found these much too caustic. Sunlight is pure soap with all the glycerine still there. Use a splash (about  $\frac{1}{4}$  cup) of cider vinegar in 500 ml warm water as conditioner. Sounds strange, and feels a bit strange at first after a lifetime of chemical shampoos (Have you ever read the ingredients list on a shampoo bottle?), but it worked for Grandma and it works for me.

**Helen Dawkins,  
Lot 18 Tom Smith Dr, MS 1292,  
NANANGO 4615.**

*Tankliners were described in Round The Market Place, GR 107. Contact: C E Bartlett P/L, PO Box 49, Wendouree 3355. Ph: 053-393-103.*

**Dear Mary,**

Hi there, hoping all is well over there with Megg, yourself and all the rest of the staff too.

Well I have a few answers for you concerning GR 112. Firstly Marilyn Atkinson, GR 112, wasn't asking about a Carob tree it was a **CORAL TREE**. Henriette Sonne: Lupus sufferers can still have a bright future. My family has tried natural products without much

success at all, but others may find they work for them.

Doreen Whelan, in regard to your request for lids for Agee preserving jars. I have used Fowlers lids on some of the Agee bottles. I found them in some of the very old general stores in small country towns that don't have a huge turnover. Why not turn the rosehips into jam or cordial for yourself to use – good vitamin C can be obtained.

People requiring information on other products, or where they can obtain such, please enclose an SAE as I am a pensioner and unable to do too much chasing for them. If I can help I will, but unfortunately my disabilities have now caught up with me, and I am very limited in what I can do. Even writing is starting to become harder, but I will endeavour to help as long as I can.

With regard to Elissa and Dino, Red Hill Qld in their request for shampoo and conditioner: if essential oils are out of their budget, then use lemon juice with normal shampoo. You massage the lemon juice in first then use a normal shampoo. This can be very useful for that problem



**Colin Franklin,  
RMB 260, ALEXANDRA 3714.**

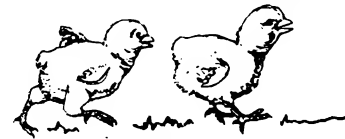


**Dear Megg,**

We were reading the latest GR and found you were having trouble trying to find the **SEX OF UNBORN CHICKS**. We have been using the very old method which we had forgotten but were reminded of in Esther Dean's *No Dig Garden Book*.

You get a wooden spring peg, take the spring off and only use one side of it, tie a piece of cotton around the middle, hold this about 5-7 cm above the egg. If it moves in a circular movement it will be a female, if in a diagonal movement it will be male. We have used this on our seeds before planting with great success. Make sure you do it out of draughts though, otherwise you won't get a true reading. Hope this has been of some help to you, best of luck.

**Anne & Bill Knight,  
RMB 6024, COWES 3922.**



Letters are accepted and edited at the discretion of the publishers.

**Dear GR,**

We, Chris and Andrea, are relatively new readers of GR after acquiring some older issues. Hopefully in about a year or two we will have purchased some land in the south-west of WA and be ready to move. We would like to build our own house and be as self-sufficient as possible. We would love to hear from anyone who has built in stone/mud brick or timber from their own property. Is it possible to make tiles (roofing) in a similar way to mud bricks? If so, how? And how do you insulate them if necessary? We would also like to hear from anyone who could share with us some recipes for soaps, shampoos, conditioners, fly repellent, soap for dogs and horses etc. Also any ideas on making paper, tanning hides, alternative power (we'd like a fridge/freezer & stereo) keeping goats or cows and making cheese, yoghurt etc, or basically anything that could be useful to us would be greatly appreciated. Anyway, we'd better not make this letter too long, thanks for a great mag!

**Andrea & Chris,  
C/- Mt Gibson Gold,  
Locked Bag 202, DALWALLINU 6609.**

*Andrea and Chris, we have printed articles on many of the topics you are asking about. To obtain a back copies list send a stamped, addressed, business-sized envelope, along with your request.*

# FEEDBACK LINK-UP FEEDBACK

Hi GR fans,

I am interested in **DISTILLING MY OWN ESSENTIAL OIL**. It would be great if anyone could send me information on distilling techniques, equipment and suppliers. Or just where I could reach this information.

R Dinse,  
95 Railway Rd, QUAKERS HILL 2763.

Dear GR,

In issue 112 there was a letter from David Stephen of Taroona, regarding the migration of earthworms from compost bins which are presently being used as worm farms. David, I was having a similar problem with my worm farm and as the result of my letter to Feedback I received two letters, both of which suggested that I should keep a wet bag on top of the feed and that I should water the farm more generously or more frequently, I have followed these two simple suggestions and there has been a huge improvement in the situation.

For what it is worth, I also have a disused plastic compost bin which for a few years now has been used to store lawn clippings, I always dry the clippings before putting them in the bin as they need less space when dry. Over a period of time these clippings have started to decompose and have become 'home' to a variety of insects, so within the last 12 months I added a few worms and watered the contents regularly, I have not yet got a bag on this bin, but I haven't observed any escapees and the worm population seems to be increasing rapidly, so maybe you can try one of your bins with all dry material and see if there is an improvement for you.

Personally, I am beginning to suspect that putting fruit and vegetable scraps straight into the worm farm may not be a good practice. The sugar in fruit peel attracts flies and ants and I suspect that the whole concoction is extremely acidic, using lime is helpful but I think that some other treatment of the scraps before they go in the bin will eventually be developed.

Barry Stephenson,  
16 Carol Ave, JANNALI 2226.

Dear GR,

My husband and I have recently **MOVED TO TASMANIA** and are now trying to realise our dream of owning our own little piece of land, and building our own home. Although our finances are, like many, virtually nonexistent we are not letting a little thing like that deter us – without dreams, what have we got!

At this stage we're looking for a well forested isolated piece of land on which to build our post and beam mud brick home. We've come up with the basic design for the house, and have figured out how to put it together (not too bad for inexperienced ex-city dwellers such as ourselves). Working out the exact materials required is a bit of a problem. How do you measure the area of an octagon, which is the shape of our house? But I'm sure we'll work it out.

We expect to use a lot of preloved building materials in the house, especially for windows, and flooring (not to mention shingles) and, of course, a lot of our own blood, sweat and tears (hopefully not too much of the former or latter!) Anybody who can give us advice on how to be a **SUCCESSFUL SCROUNGER**, or how to make mud bricks for that matter, we'd really appreciate hearing from you!

Like a lot of GRs we want to have our own power supply, no mains electricity for us please! We figure our power requirements will be for 5-8 lights for 6-8 hours a day; household appliances like the washing machine and the fridge (as well as incidentals like the computer, stereo and sewing machine), but we intend to ban power hungry items like electric frying pans and hair dryers. We also will have to provide power for our workshop tools, although we are looking at building an 'old-fashioned' treadle lathe and grinding stone. The workshop is an important part of our overall plan as we hope to be able to craft all our own furniture, and perhaps generate a little extra income.

We are thinking about using a combination of gas and wood for cooking and hot water, with a generator for infrequently used appliances like the washing machine. We'd like to use solar for the rest of

our power requirements, or hydro, if we're fortunate enough to find land with running water.

Is there anyone out there who has a system like this? If so, again, we'd love to hear from you – the help of others who have travelled this road before us would be invaluable! (We have written to Jo McRae, Coles Bay – GR Feedback Dec/Jan issue – but unfortunately the full address wasn't given – Jo, we'd really appreciate hearing from you!)

Apart from the house and the workshop we're also planning a nice big vegie patch, enough to feed a family of (what will be) four with some to spare, even growing our own grain for breads etc and stock feed. The stock will probably consist of a dozen or more chooks and a house cow maybe a pig or two, and some ducks (we both love duck eggs!). We're also thinking of raising a few poddy calves each year for meat – although we're a little bit squeamish about having to butcher what we're sure will have become family pets.

We hope to have achieved our dreams within the next two or three years, and then we can get on with the business of living and growing with the land, and raising our family. Whilst we don't have much experience yet, we figure by the time we're done we'll have a wealth of experiences to offer other GRs to help them realise their dreams (and that's a nice thought!).

Lee & Roy Barlow,  
RSD 2075 Liffey Rd, LIFFEY 7301.

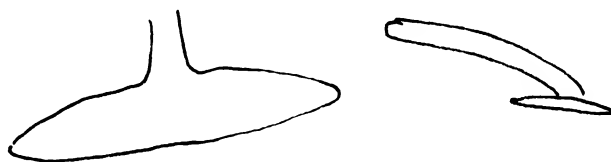
Dear GR,

Thanks for your very special magazine which I have enjoyed reading since 1980. I am trying to re-establish contact with Mike who lived in Leppington in 1994 and owns 100 acres somewhere near Cobargo in southern NSW. Many thanks Mike for your Encyclopaedia Botanica. Have managed to locate and grow that beautiful shrub called lavatera. Please get in touch should you read this.

D Owen,  
PO Box 464, MITTAGONG 2575.

Dear GR,

I note in GR 112, page 17, a description of a **DUTCH HOE**. I have a real Dutch hoe that I bought at Biloela at least 15 years ago and am still using. It's shape is as:



It is sharpened both front and back edges and I find it easier to pull the hoe towards me and not push it, although it will work both ways. When bought it was 25 cm wide, 7 cm deep but is now only 15 cm wide and it has never had a file or sharpening stone of any type on it since I bought it. I have never seen another like it anywhere although I am always looking for another as it is the best grass and weed remover I have come across. It is light and has a broomstick handle in 15 cm long socket.

Kevin Knight,  
Box 2064, GLADSTONE 4680.

Dear Grass Roots,

For a few months now, my daughter, Christina Ram has been corresponding with a **PENPAL** called Miranda Plant and her mum, Barbara. We have written twice, but since then we have misplaced her address, and the most recent reply did not have an address on it. Christina is upset at the prospect of not being able to reply to Miranda's latest letter and asks that if her, or her mum, is reading this, to write back and inform us of their address. Thank you.

Dianne Ram,  
67 Polding St, SMITHFIELD 2164.

Letters are accepted and edited at the discretion of the publishers.

# FEEDBACK LINK-UP FEEDBACK

Dear GR,

This morning I was doing my little bit to help the regeneration of native flora in my area of influence. I was transplanting seedlings which had propagated naturally from an area where the slasher regularly destroys anything except grass to an area where the seedlings would have a better chance at life. I was enjoying the sun on my shoulders and the local bird orchestra whistling their current top 40. My serendipity was interrupted by a bushwalker aggressively demanding 'What do you thing you're doing?' and I looked up to see a vexed face glaring at me. 'I'm just doing my daily half hour of community work.'

'That would be right,' she growled and took off. It certainly was a reflection on **HOW SOCIETY HAS CHANGED** in the thirty years that I have been aware of it. It was automatically assumed that I was doing something wrong, maybe because I was a male and now, if you're doing 'community work' you are automatically assumed to have done some criminal act to warrant it as a punishment.

Later I went shopping to a little fruit shop in the nearest village where the new proprietor was softly singing and happy with the world and his lot. 'Can you whistle? Try whistling!' demanded the local blunderbuss, a primary school mistress who can cut the cheekiest kid down to size in a trice. The poor man looked like a stunned mullet and even the hardened city tourists' hearts went out for him.

What is happening to us? Blatant aggression seems to be increasing daily. There are some days when you shouldn't get out of bed. I did my shopping, went home and went back to bed.

Roberino,

Lot 4, ARRAWARRA BEACH 2456.

Dear GR Friends,

Hi, I'm writing this letter as my wonderful Pop passed away on the 30th August '95. His name was **OTTO OR ATHUR SYLVESTER** and he wrote to GR. I wondered if anyone remembers him? I would love to hear from anyone who does. In reply to a letter from Irene, GR 100, page 39: Jesse did feel different. I did try to work something out with the school. But my idea of junk food isn't the same as theirs. The school doesn't have the best reputation. Also the Steiner school is too far to drive every day. The fees are another thing. I have been doing correspondence with the DEC Casino for almost 18 months and I'm very pleased with Jesse's progress, so is the school. Thank you Irene for your concern. We all can do our best, because what is right for one may not be for another. Thanks heaps my friends.

Julie Reynolds,

Lot 144, Homeleigh Rd, via KYOGLE 2474.



Dear Megg and all the Team,

Hello again. Reading about **CHICKENS** in your recent mag (GR 110) put me in mind of my first ever experience with them. I was a complete novice. At the time we had a reasonable sized yard in a suburb of Perth and opted for ten chickens from a chicken factory. You know the ones, four to a cage, rows and rows of them. Well, we were told by well meaning friends that these would not be good layers, the egg factory only got rid of the poor laying ones and no doubt we'd regret it. So we upped the number to twenty (made sense to me).

I'm a softie. One look at those scrawny featherless hens and I wanted to take them all home, even if we didn't get a single egg out of them. But 20,000 naked chickens were out of the question, so twenty it was.

My father, who'd had experience with hens, warned me that we could lose up to a third of them due to shock. I drove home ever so carefully. They survived the trip and were released into the backyard. But nothing prepared me for the shock I felt when I came out half an hour or so later to find that each and every one of them had keeled over. Twenty pairs of legs in the air. I was devastated. Then, one by one, their heads lifted as they looked at me.

They weren't dead! They were dust-bathing! They were enjoying

the sunshine that they had never in their lives felt before. I had to go inside and sit down.

By the way, if you're planning to follow the same course, these birds do not know how to roost. That first night we had a heavy downpour and found our birds in the pelting rain piled up on top of one another in a soggy heap in the corner of the fence. We put them to bed by hand. Every night for a week we had to do the same thing with the pile getting smaller as the hens figured out where they should go at night and that shelter was much more comfortable. After that they were fine.

I'm pleased to say they all thrived, they soon grew healthy feathers and produced between them so many eggs they kept ourselves, our families and friends well stocked with them. And we even sold the surplus which more than paid for their feed.

More than that, I feel we gave a home and a good life to twenty inquisitive little creatures that had never before had the luxury of life in a garden, with real soil and real sunshine. They also ate up our budding vegie patch and scared the heck out of our cats – but that's another story.

Allyson Everard,

PO Box 39388, WINNELLIE 0821.



Dear GR,

I would like to correspond with any GR readers who moved from the city to the country. I am recently married and although I am happy on our farm, I find it extremely different to my life in town. I am also beginning my first garden so I would appreciate any gardening tips or recipes. I also have a wood stove and would appreciate tips on cooking with it as well as recipes for jams, soups etc. Anyone who would like to begin **REGULAR CORRESPONDENCE** is also welcome to drop me a line.

Kellie,

PO Box 5811, ROCKHAMPTON MC 4702.

Dear GR Readers,

In reply to Douglas Hoyle, GR 111: concerning **CORDWOOD OR STACK-WALL BUILDING**. A book, *How to Build Log-end Houses* by Robert L Roy, was published in 1977 by Drake Publishing Inc, 801 Second Ave, New York, 10017.

Bookshops specialising in self-sufficiency lifestyles (see Yellow Pages?) may have it or similar, or perhaps the Technical Bookshop in Melbourne may be able to assist. I don't hold out much hope for libraries because of its date of publication.

Although Douglas Hoyle is probably hoping to find people here who have tried this method of building, it would be a good start to have this kind of information. This book gives step-by-step instructions with generous illustrations, it also adds pros and cons based on the experience of the builder. Perhaps they are common in Canada where there seems to be a plentiful supply of cedar. Many of our Australian timber trees would not be suitable because they would either crack or rot set in the required cement mix, and are subject to termites. Queensland cypress pine would be the equivalent, is light and easy to handle, termite-proof and is used for reblocking timber houses – it was used in my old house this way, which is why I know about it.

Ada Jean,

MELBOURNE 3000.

Dear Grass Roots,

Many thanks to the people who kindly wrote with advice for my plea re **FIBROMYALGIA**: Glenda Schaul, Bowen; M Kirkham, Tewantin; Froza Katsis, Gisborne Sth; June Connelly, Ringwood East; also celery remedy, no address. I have written to all those kind people for their help, which is appreciated very much. Also thank you GR people for a great magazine that helps so many.

N Haxton,

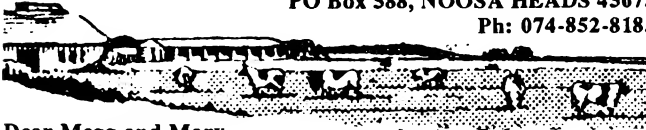
MARYSVILLE.

# FEEDBACK LINK-UP FEEDBACK

Dear GRs,

**SCHOOLS IN ZIMBAWE** are desperate for writing implements, stationery supplies and books. Many isolated areas battle constant drought conditions and crop failures and parents cannot afford school fees or even basic educational requirements. A Queensland group is organising a project where Australian schools (and individuals) can assist by 'adopting' an isolated rural high school in Zimbabwe and sending pens, writing and reading books etc, direct to the adopted school. For more information about this project please write or phone:

Donna Hutchinson,  
Urgent School Supplies  
for Zimbabwe High Schools,  
PO Box 588, NOOSA HEADS 4567.  
Ph: 074-852-818.



Dear Megg and Mary,

Steve and I moved from Melbourne three years ago after over 40 years of city living. We moved an hour and a half away, then took the plunge to three hours away from Melbourne. We were worried how we would be accepted and would we hack country living. Neither of us knew anything about livestock or agriculture. We are trying on three acres to raise beef cattle and also some poultry. There has been much joy balanced by much disaster because of our lack of knowledge. We have found your magazine to be very helpful, but would like some specific information. Our two acres are irrigated and covered in bulrushes. The cattle are spooked by something (snakes we think), and break out of our paddock.

Because of our small acreage, we can't get help easily, eg slashing, lasering etc for small areas. What livestock or crop is easier for greenhorns like us, costing little or nothing? Also, we've heard that guinea fowl keep away snakes. Is this true? How do we GET RID OF RUSHES on land? Fences are not too good. Is there anyone around this area with the same ideas/environmental concern as us? Would love to swap ideas. Been reading your magazine for about two years, wish we had found it earlier, love it to bits.

Maree Rayko,  
Canary Island Rd, MINCHA 3575.  
Ph: 054-557-164.

*One electric wire at about hip height will hold the cattle. One at knee height and one at hip height would be better. Some irrigation farmers control rushes by slashing them down to ground level 3 or 4 times at which stage the rushes usually give up.*

Dear GR Readers,

I have a dear friend in her young 70s with a few cats. She is **LONGING TO LIVE IN TASMANIA** as the cooler weather is better for her health. My friend, who lives in Sydney, is having problems with her landlady. She is being intimidated because the landlady wishes to oust her for more rent money.

Is there anyone in Tassie with enough space for an independent down-on-her-luck lovely 70 years young lady and a few cats? I cannot think of any other way that I can help my friend. I have not told her of this letter but will pass replies on to her.

M Hutchinson,  
MS 937, 5 Coast Rd, BAFFLE CREEK 4674.

Dear GR,

You printed a letter of mine in GR 113 page 43 and there's a recipe for ginger beer included. Just glancing at it a moment ago I noticed a dreadful error in the sugar (was probably my writing to blame) which says 4 kg! That should be only 1 kg of sugar, therefore the recipe should read:

**GINGER BEER - NO PLANT NO YEAST:** juice 6 lemons, 6 tsp ground ginger, 1 kg sugar, 6 litres water. I don't know how I missed that mistake in the first place. I'd be greatly obliged if you could

please put in a correction in the next GR magazine as it's a really wonderful and easy to make ginger beer, thanks.

Michele Dixon,  
8/81 Harold St, MACQUARIE FIELDS 2564.

Dear GRs,

As I'm about to have my 50th birthday I'm having a struggle that a lot of women have when turning 50. Looking at menopause in the mirror, the 'empty nest syndrome', hoping (wishing and praying) to be a grandmother. But I got to thinking, maybe there are lots of other women out there like me with mixed emotions. Or 'together' people who have survived and come through their 50th birthday feeling fantastic about themselves and the future. And I don't think it has a lot to do with economics, I think it has more to do with how you feel about yourself.

I am happily married for 33 years to my first and only love of my life. I'm a 'stay at home', I have lots of interests, a wonderful family, my husband and I live on a 'hobby farm' and I thought I would like to write to other women who have just turned 50, like penpals. I would really like to hear from other women like me. I am really interested in how they coped. I don't read fiction, I love biographies, I enjoy reading about other people's lives and I learn so much this way. Through letters from women like myself I'm sure I could learn a lot more.



Sandra Joy,  
C/- PO Box 242, EUROA 3666.

Dear GR Readers,

This is an appeal for help. For the last six months or so I have been suffering from a **REFLUX OF HYDROCHLORIC ACID FROM MY STOMACH**. The effect of this complaint is that every time I exert my stomach muscles by doing such things as squatting, lifting or walking any distance, a burning sensation starts in my stomach and radiates upwards to my chest causing me considerable pain and discomfort. Sometimes this happens even when only lying down. Relief is obtained in about five minutes by standing still or by sitting upright.

My doctor has tried all of the usual antacids to no avail. He says that there is no way an operation can help, so I am appealing to anyone who knows of anything that would help to relieve this complaint of mine. I have read that it is called **OESOPHAGAL REFLUX**.

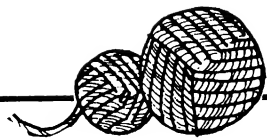
John Osborne,  
25 Franklin St, BUNDABERG 4670.

Dear GR Readers,

I would like to take up a point made by Mary Phillips of Kilkevan Qld, when she advised a reader to give a half teaspoon of **DOLOMITE TO A BABY** daily, the brand is not significant. All dolomite has a very hygroscopic action, but as a human food this tends to make it undesirable.

Dr Maurice Finkel who edits an excellent magazine called *Australian Health and Healing* helped me with the diets, minerals and vitamins for various members of my family who were ill many years ago. He was most insistent that dolomite as such is not good for humans in its natural form because it decreases the stomach acid. There are several excellent child formulas available, and magnesium can be fed as an orotate or a chelate. Both are effective and safe. Work out the amounts on body weight, it would be nowhere near half a teaspoon a day. Australia is very low in magnesium and without that mineral bones cannot harden properly. Between 70 and 75 percent of magnesium is needed for bone integrity and the remainder for neuromuscular transmission. Calcium if needed is also available in those forms, but usually there is enough of that mineral in normal foods.

Pat Coleby,  
91 Church St, MALDON 3463.



# KIDS PAGE

## DID YOU KNOW?

...that you can make your own hair conditioner. Mix together equal amounts of olive, almond and avocado oils and rub through your hair. Wrap your head up in a thick, warm towel and leave for fifteen minutes before rinsing off. Do this once a week for shiny and lustrous hair.

## Q & A

Q. What do jelly babies wear on their feet?  
A. Gum boots.

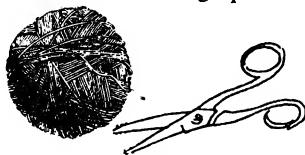
Q. What did the cowboy say to his dog when it fell off the cliff?  
A. Dawg gone.

## PLAITED WIG

Have you ever wished you had long plaits and can't wait to grow them? Do you need a disguise or dress-up wig for a play? Thanks to our review book, *You Can Do Thousands of Things with String*, here are the instructions for making a plaited wig.

### What You Need

- lots of wool
- a pair of scissors



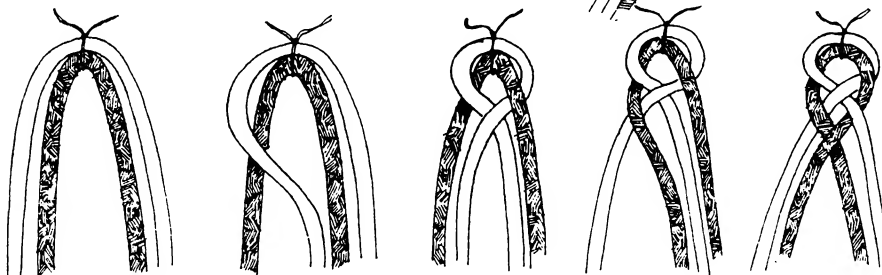
### What To Do

Cut the wool into lengths a bit over a metre long. Be patient and cut as many as you can as the more pieces, the fuller the wig. Lay them all out flat on a table and, with another shorter piece of wool, tie them together in the middle, in groups of four. Divide the wool into three bunches on each side. With a loose bit at the start, make a plait on each side. Finish with a bow at the end of the plaits.

### To Plait

- Hold two strands in your left hand and the other in your right.
- Take the outside right strand over the centre strand so it is now in the centre.
- Take the outside left strand over the centre strand and into the centre.
- Repeat this over and over till you have finished the length you want.

### Four-strand Plait



## BOOK REVIEW

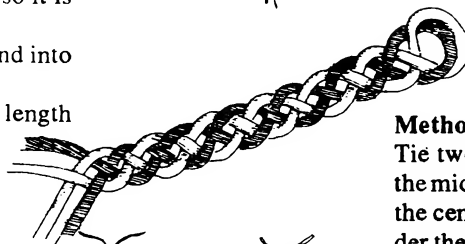
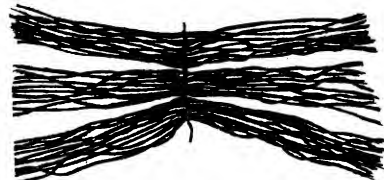
### You Can Do Thousands of Things with String

by David Miller.



Many hours of fireside entertainment can be had using the ideas in this book. Instructions and diagrams are included for knots, hitches, lashings, plaits, knitting, weaving and string art. Children will need some assistance from an adult, but once learnt, the skills should come in handy in knotty situations.

PS The author is not the GR David Miller.



finished four-strand plait

### Method for Four-Strand Plait

Tie two long strands together in the middle, bring outside left into the centre, then outside right under then over and into the centre. Again bring outside left over and into the centre, and finally outside right under then over and into the centre. Repeat this process until you reach the desired length.



# WHILE THE BILLY BOILS

## Winter Menu with Peanut Theme

by Jose Robinson, Wild Cattle Island, Qld.

I've chosen the ever-popular peanut flavour as the theme for this winter meal. Nuts are a high protein food and rich in B vitamins and minerals. Their high fat content is rich in linoleic acid. The satay chicken stir-fry main course dish is one of my favourites to cook for guests. I have prepared this dish many times. Sometimes I add extra steamed vegetables such as carrot julienne and cauliflower florets. Without fail, I'm asked for the recipe after the meal. For starters on a cold winter's night, there is nothing like hot glueh-wein to warm the cockles of the heart after a hard day's work.

### GLUEH-WEIN

- 1 bottle good red wine
- 1 1/2 cups boiling water
- 1/2 cup granulated sugar
- 1/2 lemon, sliced
- 3 sticks cinnamon
- 3 whole cloves
- nutmeg

Mix boiling water, sugar, lemon, cinnamon and cloves. Stir until sugar dissolves. Add wine, simmer 20 minutes. Do not boil. Strain. Serve hot, with a sprinkling of nutmeg. Or improvise, substitute lemon for 1/2 an orange or diced dried apricot or dried apple. Add a bay leaf or two.

### PEANUT DIP WITH CRUDITÉS

- 2 tbsp sunflower oil
- 1 onion, finely chopped
- 1/2 tsp chilli powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 4 tbsp crunchy peanut butter
- 1/2 cup water
- 1 tsp shoyu or soy sauce
- 1 tsp lemon juice

Heat oil in a pan, add onion and fry until soft. Add garlic and spices, stir and cook for 1 minute. Mix in peanut butter then gradually blend in the water, stirring until thickened. Add the shoyu and lemon juice and leave to cool.

### Crudités

- 1 sml cauliflower
- 1 bunch radishes
- 1 red pepper, cored and seeded
- 6 celery sticks
- 6 sml carrots

Break the cauliflower into florets and halve the radishes if large. Cut the remaining vegetables into long thin pieces. Turn dip into a dish, place on a large plate and surround with the vegetables.

### CREAM OF PEANUT SOUP (African recipe)

- 180 g peanut butter
- 2 sticks celery

- 1 onion
- 1 lt milk
- 2 tbsp oil

Heat oil and fry chopped onions and celery for 3 minutes. Add peanut butter and cook for 5 minutes. Add milk and heat. Do not allow to boil. Serve immediately. Serves 4. Takes 20 mins.

### SATAY CHICKEN STIR-FRY

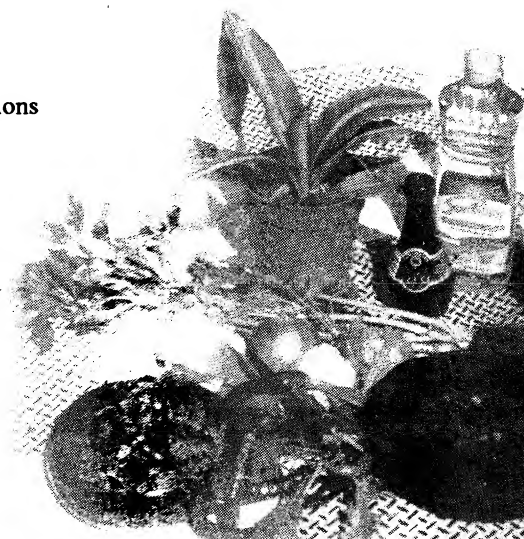
- 1 tbsp oil
- 500 g boneless chicken breasts
- 1 cup coconut milk
- 3/4 cup thick chicken stock
- 2 tbsp crunchy peanut butter
- pinch dried chilli, or 2 tsp sweet chilli sauce
- 1/4 tsp garam marsala
- 2 cups snow peas
- 1 sml red pepper cut in strips

Cut chicken into thin strips. Heat oil, stir-fry chicken strips until golden brown. Mix coconut milk with chicken stock, peanut butter, chilli and garam marsala. Add to chicken with vegetables. Simmer uncovered for 2 minutes. Serve with rice. Serves 4.

### BANANA HALVA (Sth East Asian dish)

- 6 lge ripe bananas
- 1/2 cup butter
- 1 cup water
- 1/4 cup sugar
- pinch nutmeg
- 1 tsp cardamom
- 1 tsp almond essence
- 2 tbsp crushed peanuts

Peel and slice bananas and fry in butter for 5-10 minutes. Remove and mash, adding 5 tablespoons water. Then simmer on low heat, stirring constantly for 5 minutes. Dissolve sugar in remain-



ing water and add to banana puree. Add almond essence and boil mixture for 10-12 minutes, stirring to keep from burning. Cook until thick and turn into a bowl. Whisk until smooth and light. Sprinkle with nutmeg, cardamom and peanuts. Chill before serving. Serves 4. Takes 30 minutes.

For a late supper snack served with coffee substitute, here is an Indonesian recipe.

### SAVOURY PEANUT BITES

- 1 cup fine rice flour
- 2 Brazil nuts, finely chopped
- 2 crushed cloves garlic
- 1 sml grated onion
- 1 tbsp ground coriander
- 1 tbsp fine desiccated coconut (cream in a coffee grinder)
- 1 lightly beaten egg
- 1 1/2 cups water
- 1 cup raw peanuts skinned and halved
- oil for frying

Stir all ingredients except peanuts together to make a thin batter, then add the chopped peanuts. Pour oil into a pan to at least 1 cm depth and when heated to 150°C carefully pour small spoonfuls of the mixture into the hot oil and fry until crisp, then drain on absorbent paper.

# DAMPER

by Mary Horsfall, Longwood East, Vic.



Damper is regarded as a quintessentially Aussie bush food first baked by drovers and swaggies in the coals of a lonely campfire. Each 'cook' would develop his (it was nearly always a male) own method and variations. Often the ingredients were the bare minimum of flour and water. More advanced bush chefs would have added salt for taste and cream of tartar and bicarb soda as rising agents. Some rubbed the loaf with fat drippings from their beef, mutton or rabbit, also cooked over the coals, to keep the damper moist for the next day's use.

Later, with Irish migration increasing after the potato famine (1845-51) and migrants familiar with the baking of soda breads, milk, sour milk or buttermilk were sometimes substituted for all or part of the water.

These days if you are baking damper over a campfire it is likely you will be using a camp oven. However, you can use your own oven, indoors, to bake this quick, easy, filling loaf to accompany winter soups and stews. Add any ingredients you wish for a bit of variety: onion, garlic, capsicum, chopped herbs or nuts.

I don't think it's as nice as a well made bread, but it's certainly quick and easy which makes it a great favourite with children, inexperienced cooks and those who have been out in the cold and come home too late (and too hungry), to make 'proper' bread.

Some recipes give recommended quantities of liquid, but it probably works best if you mix all the dry ingredients first and then slowly add sufficient liquid to make a firm dough. A damp dough will make a stodgy loaf.

## RECIPES

The first recipe was sent in by Michelle Dixon of Lutwyche, Queensland, and is based on a recipe over 100 years old.

### Bushman's Damper

- 3 cups plain flour
- 1 tsp salt
- 2 tsp cream of tartar
- 1 tsp bicarb soda
- water to mix, approx 1 1/2 cups

Sift all dry ingredients together, mix them well with a fork. Add just enough water to make a stiff dry dough. Toss onto a floured surface and knead lightly. Shape into a round, place on foil or greased baking tray and bake in a hot oven (180°C) for 50-60 minutes, or until loaf sounds hollow when tapped.

### Camp Oven Damper

- 9 cups SR flour
- salt, to taste
- water or milk

Mix ingredients to form a dough. Grease a camp oven. Shape dough into a circle and cut the top crosswise. Place into camp oven.

Have a hole prepared near the campfire. Put some hot coals in the hole. Sit camp oven on these and shovel more coals over the lid to completely cover it. After 30 minutes carefully shovel coals away, remove lid with a stick (being careful not to tip ash into camp oven) and test loaf. If it sounds hollow when knocked, it is ready. If not, return to camp oven, replace lid, cover with fresh coals and leave a little longer.

### Butter Damper

- 1 tsp salt
- 1 tsp bicarb soda
- 2 tsp cream of tartar
- 2 cups wholemeal flour
- 150 g butter
- 1/2 cup milk
- 1/2 cup water
- extra liquid if needed

Mix dry ingredients. Rub in butter. Add sufficient liquid to make a dough. Shape into an oval and cut slits crosswise in the top. Bake at 230°C for 10 minutes, then reduce heat to 175°C for about another 30 minutes. Can also be baked in a camp oven, as described above.

### Pumpkin Damper

- 1 cup cooked, mashed pumpkin
- 2 tbsp honey
- 60 g melted butter
- 4 cups wholemeal SR flour
- pinch grated nutmeg
- 2 eggs, beaten
- extra milk or water if needed
- 2 tbsp chives, finely chopped

Sift flour and nutmeg, return husks to the sifted flour. Warm pumpkin and stir in honey, chives and melted butter. Keep enough egg to glaze top of loaf. Mix remainder of egg with milk and stir gradually into pumpkin mixture, adding more liquid or kneading in more flour if necessary. Knead dough gently on a floured surface, shaping into a round. Use a floured knife to cut completely through dough to form even-sized wedges. Brush loaf with egg. Bake at 200°C until browned. Test. Loaf is cooked if it sounds hollow when knocked. Cool. Serve broken into wedges.

## FLOUR SUBSTITUTE

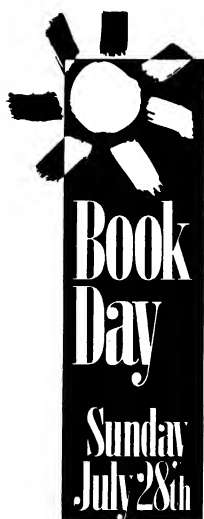
If you are allergic to wheat you can try this mix in your favourite recipes: 2/3 cup arrowroot, 1 cup maize corn-flour, 2 cups rice flour, 2 cups soya flour, 3 cups potato flour. Store in an airtight container and use 1 cup of mixture to replace 1 cup wheat flour. Reduce cooking temperature by 20°C and increase the baking time.



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## COMING EVENTS



On Sunday, July 28 Australia will have its second annual Book Day, an initiative designed by the Australian Book Publishers Association of Australia to promote the reading and enjoyment of books throughout all sections of the community. This year's theme is 'The Continuing Importance of Books to the Family'. It involves publishers, bookstores, writers,

libraries and schools, and community service clubs. Book Day is an annual celebration of books and reading, writers and writing. There will be Book Day activities in local bookshops around Australia leading up to Book Day.

Since the idea of Book Day is that it should be very much a 'giving' event, publishers will join in by doing some

giving themselves, by making a major donation of books to the Salvation Army.

As part of Book Day promotions we have the following titles to give away: *Plants Without Poison*, by Paul Healy; *Low Maintenance Gardening*, by Erin Hynes; *Instant Calm*, by Paul Wilson; *More of It's So Natural*, by Alan Hayes. All new subscribers during the months of June and July will be put into a draw. The first four names selected will each receive one of these books.

### NATIONAL REGIONAL AUSTRALIA CONFERENCE

The 2nd National Regional Australia Conference is to be held in Bunbury, Western Australia, from the 23 to 26 September 1996. Areas to be covered include: understanding natural resources, sustainable regional development, conserving and managing resources, community based initiatives, indigenous issues, health and human services and government regionalisation programmes.

Further details are available from: Richard Hugman, Edith Cowan University, Robertson Drive, Bunbury 6230. Fax: 097-216-994.

### PERMACULTURE CONFERENCE

The Sixth International Permaculture Conference & Convergence is being held this year in WA, from September 27 - October 7. The theme of the conference is, 'Designing For a Sustainable Future', with key elements being Earth Care, People Care and New Economic Strategies.

The programme will include presentations, workshops, field trips, and will feature names well-known in the world of permaculture including Bill Mollison, Max Lindegger, Jude & Michel Fanton, as well as speakers from other countries.

Donations are being sought to assist representatives from third world countries to attend. The aim is to help third world delegates learn to make the most of the resources they do have so they can return home and pass on their knowledge at a local level.

For information about how to donate, contact: Gary Barker, 3 Glamorgan St, East Cannington, WA 6107. Ph: 09-458-7938.

For all enquiries contact: Sixth International Permaculture Conference, PO Box 568, Kalamundra 6076. Ph: 09-291-9306.

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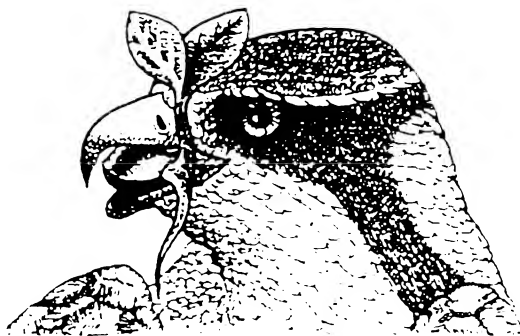
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# I WISH SOMEONE HAD TOLD ME ABOUT:

## Pests, Predators and Fencing

by Mary Horsfall, Longwood East, Vic.

We continue a series examining some of the problems/situations/dilemmas which often catch newcomers to the country lifestyle more or less unprepared. We hope you will enjoy, empathise with, learn from, and perhaps contribute to this lighthearted look at the perils of country living.

While we (mainly Rodney) were struggling to build our house, as I described in the last issue, I was also trying to establish a garden. The fruit trees went in first, during the winter. As spring approached and the weather became milder many native trees were planted and the first small tentative vegie plot was dug over and planted.

What ensued was not burgeoning growth of plants and a feeling of accomplishment in the gardener. Rather, it was carnage in the garden and many tears of rage, frustration and disappointment from the gardener. (Remember, I was pregnant at the time, so allowances must be made for a slight diminishment of equanimity.) I learned that rabbits like to eat freshly planted gardens, so do kangaroos, so do marauding stock. So absorbed had we been in building and gardening, and so naive were we about the realities of country life, that we hadn't realised our fences were far from satisfactory. The wildlife treated them with the contempt they deserved, so too did the neighbours' sheep, cattle and pigs and our own stock. Other fences in the

neighbourhood were just as bad, so the stock had virtually free range of the area.

We gradually upgraded fences (and so did our neighbours), but have found this to be an ongoing maintenance problem. Meantime, everything we planted had its own miniature fence, from wire guards around every plant to a fence around the vegie patch. At the time there was a local tip and we were able to scavenge quite a bit of used fencing wire from which we manufactured serviceable tree guards, many of which we are still using to this day to protect each season's new plantings. For several years I longed for the day I would see more plant than wire. It did happen, but it took persistence. Initially we replanted the windbreaks around the house three or four times as each wave of predators (both wild and domestic) wreaked their havoc. Now we have it down to a fine art: Fence the whole area to be planted, then stake and guard each individual plant. The stakes are not to tie the trees to, but to keep the guards from blowing away, or being knocked over. Three or four years down the

track the stakes and guards can be removed and re-used on the next area.

Insect predators are harder to control. The damage done to my struggling garden by grasshoppers in that first summer was totally unexpected and almost resulted in our quick exit from country life. The acquisition of some poultry which scratched around the garden did alleviate the grasshopper problem somewhat. However, the poultry themselves caused problems in the garden by scratching out new plantings. We now have a fenced poultry run around two sides of our large, fenced, vegie garden and also use, from time to time, a portable weldmesh enclosure so the poultry *usually* stay where we want them to stay and do a very good job of pest insect control. In addition, when I'm planting out seedlings I protect each one through its vulnerable young growth stage with a large can or juice bottle placed around it.

Before I move on from the subject of poultry I must mention the fact that they are themselves the object of a great deal of predation, being regarded as tasty



After much replanting the windbreaks now form a protective surround for house and gardens.

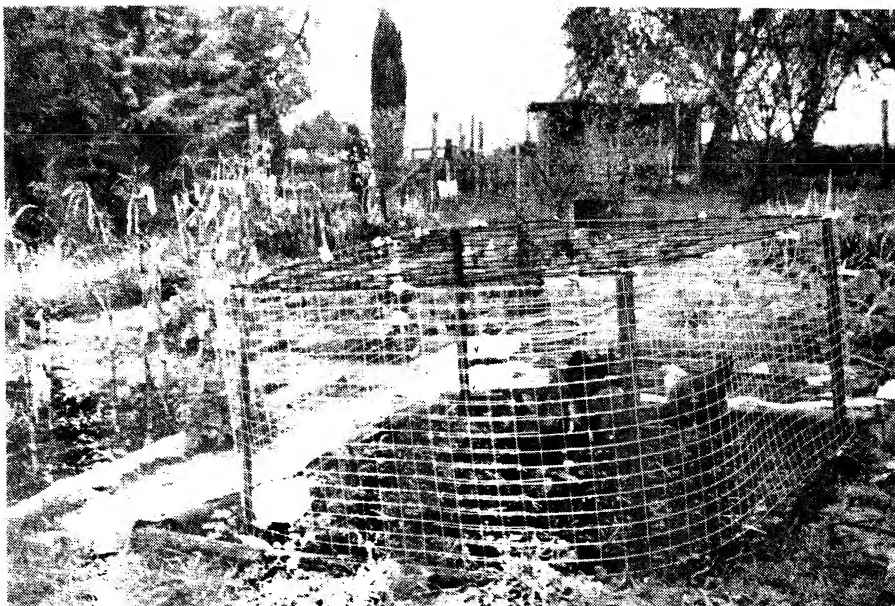
meals by any number of carnivores. Foxes will do their utmost to take them, goannas and crows will steal the eggs and chickens, even your domestic pets are not immune from temptation and will have to be rigorously trained. We had an Irish Setter who was firmly convinced that the hens were provided as playthings for her entertainment. Unfortunately the game usually ended when the hen died of fright or of a broken neck after being leapt upon too vigorously by an overfriendly playmate. The solution to all these poultry predations is sturdy fencing and a fox-proof shed to lock the hens in at night! You must get into a routine of checking at dusk every night, no matter what the weather, and making sure all the fowls are safely shedded. It helps also to have an outside run with plenty of shrubby cover so crows and other birds of prey have a hard job taking any chickens. In our case the poultry run encompasses the southern windbreak, which is fenced and has a gate leading to a more securely fenced smaller poultry run in which the sheds are located, so we can open and close areas according to seasonal and management needs.

The windbreaks have grown to such an extent that they provide a wonderful habitat for a diversity of insect, bird and reptilian life, all keeping each other pretty much in check. Of course, there are seasonal imbalances, but they are short-lived and don't cause major problems.

Another pest we've never quite come to terms with is the rosellas which help themselves to much of our fruit crop, and destroy much that they don't actually eat. We net the most productive trees from the first sign of bird damage until the fruit is picked. This is a great help, if quite expensive, but still some birds will get under the net for a feed, or worse, get caught in it and die before we find them. I know they're pests, but they're so beautiful we can't help having a soft spot for them.

This year we had some success with hanging aluminium pie dishes in the apple trees; they dangled and clattered and shone as the wind caught them. The result was less bird damage than usual, so we'll definitely use this strategy again.

In some areas pests can be so persistent that a totally enclosed and netted food garden is the only answer. I know people who have resorted to growing all their vegies in greenhouses as the only means of keeping grasshoppers at bay.



As well as their sheds and well fenced runs the poultry are also controlled/protected by a portable weldmesh enclosure when we want to utilise their scratching power.

This makes homegrown fruit and vegies a very expensive proposition by the time you pay for materials and spend your valuable time erecting them. Even though we haven't had to go to that extreme, the efforts and money we've put into pest and predator control (to say nothing of the emotional cost) mean that in purely materialistic terms food gardening in a near-bush environment does not make sense. But when we measure

in terms of taste, health and personal achievement we usually come out winners, although some days I still could be convinced otherwise.

We would like to hear from readers about what they most wish someone had told them before they moved to the country. If you have an experience to share, please write (but keep it brief) and we'll try to publish the most useful advice and amusing anecdotes. Relevant photos would be appreciated too.

### SMELLY FOX REPELLANT

To deter foxes from entering your property, collect your dog's droppings regularly. Put them in a barrow or trailer and scatter them around the area you wish to protect. Fox smells dog and heads for the hills – that's the theory anyway!

### DO YOU HAVE A POULTRY PROBLEM?

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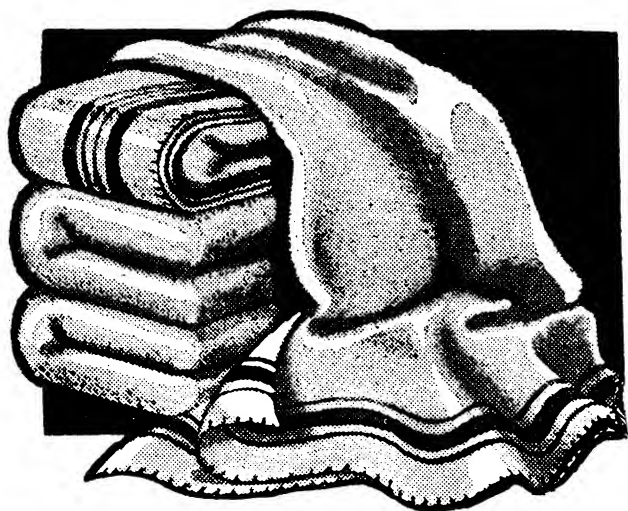
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# RECYCLING OLD WOOLLEN BLANKETS

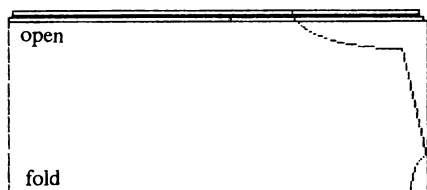
by Geoff O'Callahan, Southport, NT.

Make old blankets into simple over-shirts. Woollen blanket material is fairly easy to sew as it packs down under the machine. This medieval style shirt looks good and feels very comfortable. Choose an old blanket that has lost all of its 'prickle'. The softer, the better.

## PROCEDURE

### Body

Start by getting the measurements. You will need a rectangle for the front of the shirt and an identical one for the back. Lay one on top of the other, then fold in half lengthways.

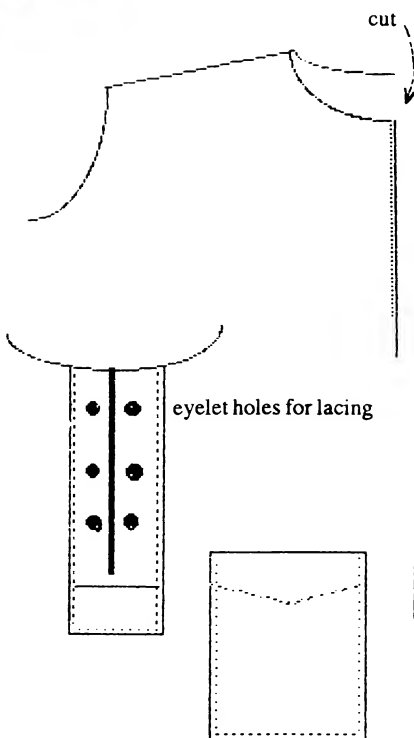


The first cut is for the collar. It doesn't need to be very big. For kids, cut 4 cm and for adults 5 to 6 cm is sufficient. Make it about 3 cm deep.

The shoulder goes back at an angle of about 20° and is 10 cm long for kids, to about 20 for adults. If in doubt, measure.

Cut a shallow curve for the armhole. Use a shirt for a pattern if necessary, but cut it bigger for this shirt as it is best to make it a bit baggy.

The two pieces should be the same. Put one aside for the back, and make two more cuts for the front. Cut the collar deeper, and cut a slit about 25 cm long along the fold. Cut a rectangle of fabric 8 cm wide and about 5 cm longer than this slit. This is the eyelet strip to reinforce the front. Cut a slit down the centre the same size as the slit in front of the shirt.

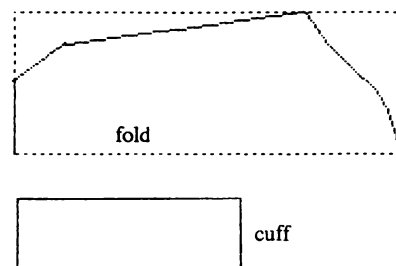


As a front detail, this reinforcing strip can be sewn on in front of the shirt, or concealed behind. Other styles might include a placket front with buttons, or a rugby front. Sew a patch pocket on in line with the half-front.

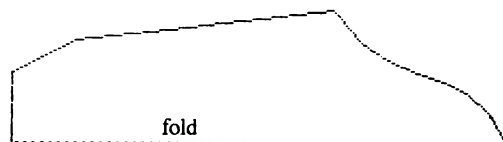
Sew the front and back together at the shoulders. At this point, you may wish to seam the collar and sleeve holes and sew the sides together to make a tropical-style jerkin, leaving it at that.

### Sleeves

Or you may wish to add a collar and long sleeves. Cut two rectangles of sleeve length, wide enough to suit. If using a shirt for a pattern, cut sleeves a lot wider. Most off the shelf sleeves are too narrow for Westerners.

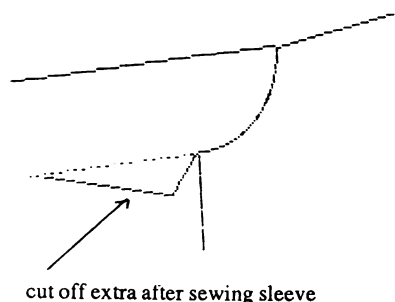


Fitting sleeves to armholes isn't hard. The sleeve is cut in an 'S' shape at the top. If the sleeve is an action sleeve, the curve is shallow. For more formal wear, the shape at the top is cut a bit steeper.



A good thing about blanket fabric is that it felts in easily and is simply joined with a close zigzag stitch. This gets rid of the need for a lot of the folding in that is needed with other types of sewing.

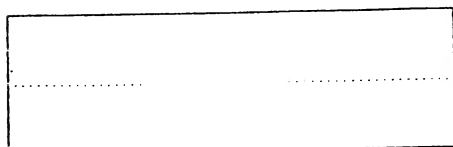
All seams should be inside the shirt. Sew the cuffs onto the sleeves before attaching sleeves to body. The top of the sleeve should be at the seam of the back and front of the shirt. When finished, there may a bit of extra sleeving.



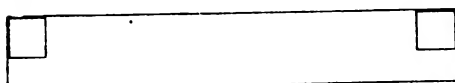
In fact, this a good way of making a perfect fit – allow a bit extra when cutting the sleeves, and trim later. (Much better than not having enough. One can get some real disasters in sewing.)

### Collar

Collars aren't hard. Cut a strip 20 cm wide and fold lengthways. Cut a bit longer than needed and sew around the collar with zigzag stitch. The ends can then be cut to 'collar on stand' look, or left as a simple strip collar.

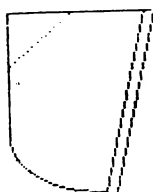


fold



### Hood

Hoods can be added easily. The hood is a square sewn on where the collar would normally be. It must be big enough to accommodate the head, although most kids never seem to actually pull it on.



A neat trick is to cut the back corner of the hood off. This makes it easier to fit to the head. Hoods can be worn with collars. To do this, it can be fitted to the join between the back and front body pieces of the shirt.

### Alternatives

Another popular version is to make a closed front by inserting a placket similar to a polo fronted style.

Other items that can be made from old blankets include, nightcaps, dressing gowns, waistcoats, and tea cosies.

Happy sewing!

### IRONING TIPS

- If the base of your iron is stained or sticky unplug and rub when cold with a cloth dipped in vinegar or methylated spirits.
- To clear a clogged iron, use 1 cup vinegar instead of water and steam until the jets release.



This warm shirt can be made with a buttoned placket front or a laced medieval look.

## WAYS TO SAFELY AND SIMPLY DESTROY ANTS' NESTS

Mix together equal parts of kerosene, liquid detergent and vegetable oil, dilute with an equal volume of water to fill a hand spray bottle. Pyrethrin can also be added.

Follow an ant trail until you find an entrance. Spray the mixture in a circle of about half a metre radius around the hole. Pour about one cup of water slowly into the entrance and wait for the ants to evacuate. When they are on the surface, spray the ground (and ants) again.

### To Bait Ant Trails and Nests

Mix one cup of sugar and four level teaspoons of boric acid or borax to three cups of water. Stir until dissolved.

Pour one cup of the solution into a jar with a screw top lid. Loosely pack cot-

ton wool to half the jar's depth and then top up with solution. Replace the lid tightly and seal with sticky tape. Pierce two or three holes through the lid.

Lay 3 - 6 baits, depending on the number of ants, around the nest or trails.

*The bait is harmful if swallowed and should be kept away from children.*

To deter ants from climbing trees or the base of hives and buildings coat the base with a 15 centimetre wide collar of nondrying adhesive, or paint with a mixture made up of 55 grams of castor oil and 130 grams of resin powder.

These methods do not involve the use of chlorinated hydrocarbons and present minimal risk to children, pets and wildlife.



# SMALL ENGINE CARE

by Gunter Glaser, Gracemere, Qld.

The engines on your mower, chainsaw, brush cutter, ride-on mower, and garden shredder are not simplified versions of your car engine. Many mechanics are baffled by this little engine, whether it's a two-stroke or four-stroke. Car engines have a certain amount of tolerance in their adjustments. A small amount of error will not affect the running of the engine, after all it has multi-cylinders, so if one fails the engine will still run. With a small engine the tolerance is much finer, so any errors and the motor will not start. There is only one cylinder, if that fails it doesn't run.

For an engine to run there are three basic requirements, which are: fuel, spark, and compression.

## COMMON PROBLEMS

The first thing to do before doing any work on your mower or other small-engined device, is to disconnect the high tension lead from the spark plug. This way the engine won't start, to cause a possible injury.

### Fault

Engine won't start.

### Cause

This is usually fuel, ignition, or compression.

**Fuel Check:** Crank the engine over several times with the choke closed. This should cause a heavy concentration of fuel to enter the cylinder. Now remove the spark plug, if it is wet with fuel, then the fault lies with the ignition. Fuel is getting into the combustion chamber, but is not being ignited, due to lack of a spark.

If the spark plug is dry, there could be a blockage in the fuel system. Check the fuel tank, fuel filters and fuel lines. In the end the carburettor may need dismantling and cleaning.

**Ignition Check:** Remove the spark plug, connect it to the high tension lead. Now lay the plug on a metal part of the engine to earth it, but not near the plug hole in the cylinder head. Crank the engine over, and check to see if there is a good strong spark at the plug tip. If there is no spark, then try it again with a new plug. If you have a good spark, the ignition is working. If you still have no spark, then the fault is with the contact points, con-

denser, or the coil, which means a major job where the flywheel will have to be removed. It will most likely be the points at fault, as the condenser and coil rarely give any trouble.

**Compression Check:** Again, make sure the high tension lead is disconnected from the spark plug. Turn the machine on its side so that the engine can be turned by hand on the blade disc. Rotate the engine in the correct direction of rotation.

For two-strokes, each rotation should produce two positions with resistance, one more than the other. For four-strokes resistance should be felt every second revolution. Also, for both types of engines, the blade disc will want to spring back against your rotation. If little or no resistance is felt there is a compression fault, requiring new rings or an overhaul.

### Fault

Engine starts, runs for a while, then stops and won't start.

### Cause

**Vapour lock:** caused by too much heat around the engine from clogged fins and air cleaner. Clean out all packed grass around the motor. With two-strokes periodically clean out clogged exhaust parts. To do this, remove the exhaust flange and muffler and clean off any carbon build-up from the exhaust parts.

## OTHER PROBLEMS

### Fault

Engine misses.

### Cause

**Incorrect plug gap:** readjust to 0.020" or 0.50mm.

**Loose connection of plug lead:** tighten.

**Incorrect carburettor adjustment:** reset as per specifications.

**Faulty choke:** reset.

**Water in fuel:** drain tank and fuel system, then refill with clean unleaded fuel plus correct oil mix ratio if it's a two-stroke.

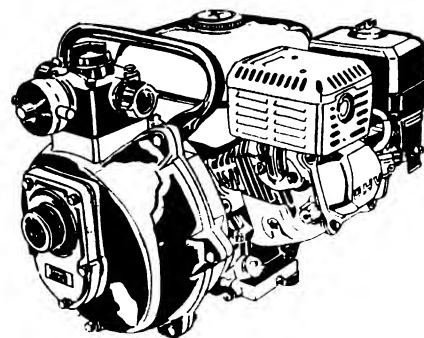
**Poor spark:** check ignition system, points worn or pitted need replacing.

### Fault

Engine runs rough.

### Cause

**Dirt, water or gum in fuel system:** disassemble carburettor and clean system.



Drain fuel tank as previously.

**Spark plug too hot:** refit with a colder rating plug.

### Fault

Engine knocks or over heats.

### Cause

**Incorrect petrol/oil mixture in two-strokes:** drain system and fill with correct mixture.

**Wrong spark plug type:** check specifications for correct plug for that engine.

**Points gap too wide:** adjust to correct gap.

**Carbon build up in combustion chamber:** remove head and clean out carbon.

**Worn or broken rings:** top overhaul procedure.

**Worn connecting rod and main bearings:** bottom overhaul procedure.

**Loose flywheel:** check condition of key and tightness of retaining nut.

**Cooling fins clogged with dirt:** clean out all deposits around engine.

## MAINTENANCE AND PERIODIC CHECKS.

- Four-strokes, the crankcase oil should be changed every 25 hours of running.

- Spark plugs should be replaced at 100 hours.

- Check air cleaner every 25 hours.

- Mufflers can become restricted and affect the engine's performance. To check, remove the muffler and run water into one end, if water runs freely through, then it is not blocked up. If the water runs very slowly, then it will need replacing on a four-stroke. With a two-stroke it will be clogged with carbon and oil deposits which can be burnt out with an oxyacetylene flame or similar.

- For safety, don't fill the fuel tank while the engine is running.

- Don't run the motor in confined spaces, because exhaust gases contain poisonous carbon monoxide.

# OUT FOXING THE FLYING FOX

by Susan Hands, Innisfail, Qld.

Do you remember the song some years back about flying foxes that frolicked all night in the mango tree? Well, if there's fruit in the mango tree then you can bet your bottom dollar that there will also be flying foxes (*Pteropus neohibernicus*, also known as giant fruit bat), and if they don't actually 'frolic' all night, then I'll lay you a dollar to a dime that they'll screech, scream and squabble until your last ripe mango has been turned into fertiliser and dropped on the lawn under your tree.

The flying fox received its name from its long rather fox-like face and, while being a disperser of seed, it is also considered by many fruit growers as a tremendous pest. Firstly because of its size (they can have a wingspan of up to 1.2 m) and secondly, because they roost in huge colonies of up to a thousand or more. So you don't get one flying fox on a nightly visit, you get tens or hundreds, or, if you have a large orchard, thousands. They smother your trees like something from an alien world.

And don't they make a racket – all night long! Then as dawn streams through the trees they return to their roost to sleep all day, almost as noisily. They sleep hanging from branches by one foot only. If a branch falls or a single fox falls there is a great racket. If the animal lands on the ground, because he cannot take directly off, he has to waddle along and climb back up the tree with the aid of his clawed feet and claws on the edge of his wings. All the while the fox mumbles to himself and his companions, still hanging, mumble in return.

They also smell; if you couldn't find their roost by noise you sure could by the stink.

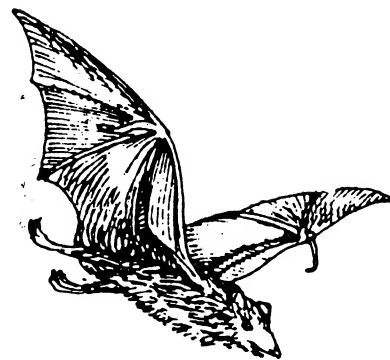
The major crux of the problem concerning these, really very interesting, creatures is that while they can wipe out an orchard in a night, we cannot wipe them out as they are one of our protected Australian mammals. Not that we'd really consider something as drastic as wiping the lot out; still when your weekly income depends on that orchard, well it's not exactly a laughing matter.

Okay, so how do you control a predator that can fly into your property any night that takes his fancy?

Noise is one of the methods used by farmers to control the creature. A sound like an anti-aircraft siren is set to go off approximately every fifteen minutes. This works, however it has its definite drawbacks when the user has near neighbours. Air raid sirens at two in the morning are not conducive to good relations. Flashing lights are another option, but once again this is not acceptable to neighbours and doesn't do a lot for motorists either if you have a highway near your orchard.

Chemical control has been tried, but to kill an animal like a flying fox requires far too much risk for all other animals. (This was tried in the days before it became illegal to kill the creature.) You can bag your fruit, but even on a backyard farm bagging five hundred or so lychees is not really a viable option although it works well with bananas where you can bag a bunch at a time.

So far the best method devised is to



net your tree. That is, to place a net completely over each tree. Another advantage of netting is that the net helps to keep the moisture around the tree thus reducing watering. In areas subjected to frost the nets reduce the effect; they can also act as a windbreak. Netting also reduces attack from other predators such as lorikeets or cockatoos and in some cases insects, locusts for example. So all in all netting has a lot going for it.

Nowadays there are many types of nets on the market and those growing crops for a living should select a net specific to the type of crop they are growing and build a good strong longlasting frame to support the net. However, if you only have the one or two trees to worry about you can pick up an old mosquito net from a second-hand store that should do the job.

For those interested, flying foxes can become loving, if somewhat smelly, pets. Remember though, like most Australian native animals and reptiles, you are not permitted to keep them without a licence.

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# ACQUIRED BRAIN INJURY

## Part 1 EMERGENCY PERIOD

by Susan Hands, Innisfail, Qld.

It's the silent epidemic and it's killing and maiming our country's future – our young men. Last year it affected 7000 people in Queensland alone. Of these approximately 400 were severely affected requiring rehabilitation and long-term support. More than half of these are under the age of 25, and with every one person afflicted a family (or significant others) numbering from one to half a dozen will be emotionally, physically and economically influenced.

This horrible epidemic lays flat those in the country as often as it does those in the city and, in the intensive healing stages, those in the country are far worse off than those in the city. It's called ABI, Acquired Brain Injury or Acquired Brain Impairment, and the chief cause (70%) is traffic accidents.

The statistics are frightening: Only 15% of those severely affected cases (400 a year in Queensland!) will return to the work force; that is, 340 persons a year will never be able to return to the work force; 340 persons a year every year, mostly young men. And that is in Queensland alone! In the future when they are supposed to be the shoulders on which we the oldies lean, they will be leaning on us, physically, emotionally and economically. It is horrific, even more so for knowing that most accidents could have been prevented.

I know we who choose to live on our own few acres in the country feel we are far from the life in the big cities, far from its trauma and nuisances, but according to statistics there are more accidents on country roads than there are in the cities. So many of us have been badly touched by traffic accidents and so many more of us are going to be touched, some of us will go under.

I would like to offer some advice for those mothers, fathers and other significant carers who are suddenly faced with the worst of all nightmares; in our case it was a knock on the door at 12.30 am for we did not have a telephone.

The policeman was very nice, he even offered to drive us to Cairns which was an hour and a half from our residence,

but we chose to drive ourselves.

### FIRST CONSIDERATIONS

#### Point One

Bite down on your fright and impatience and pack overnight bags.

#### Point Two

If you can think straight, scoop up all the change you might have lying around the house. Hospitals have coin or card operated telephones and at two o'clock in the morning, you cannot get change or a telephone card.

#### Point Three

Once you arrive at the hospital you will have to fill in admission forms and in cases like this it helps to know the blood groups of all your children along with their allergies etc.

In our case we arrived at the hospital before our son who was being Medevaced. (The helicopter took longer because it had to come down from Cairns, load the patient, then return).

#### Point Four

Try not to ask too many questions of nursing staff in the emergency room. Questions like: Will he live? Will he be permanently brain damaged? Will he be severely disabled? How did it happen? The emergency staff do not know anything at this stage and you only upset yourself.

### CAT SCAN

When an accident victim arrives at the hospital with suspected head injuries, the hospital staff will check on his stability then he will be wheeled directly into a CAT scan room. This can take quite a while. While you wait try hot tea with lots of sugar.

In a CAT scan, x-ray TV pictures are taken of the brain in a special sequence of cross-sections. This procedure makes it possible for doctors to obtain a partial interpretation of the patient's injuries. But as the scan cannot give a previous picture – one before the accident – the doctor cannot tell you the full extent of the injuries.

Head injury patients, even when they have not sustained crush or smash inju-

ries, are not 'pretty'; they have panda eyes and cone shaped heads. If you think you are going to faint, sit down!

### INTENSIVE CARE

From emergency the patient goes to ICU (Intensive Care Unit). His family follows and in most hospitals there is a small room where you can wait or you can stand beside the bed in ICU (only two people at a time).

ICU can be very frightening. All patients here are very very ill and they will be in beds beside your loved one. A number of patients will die while you stand there.

All patients are connected to machines that make noises, lots of noises. Your loved one will probably be connected to half a dozen machines to help him breathe, to give him blood, to give him fluid, to drain his excess byproducts, to drain fluid from collapsed lungs, to check his brainwaves, and more. It's hard to find a place on his body that looks touchable but touch him you must.

Adding to the confusion, there are red lights that flash on all these machines. There is a nurse sitting at the foot of each bed plus nurses in a centralised glass office. Everybody is busy, but they will talk to you when they can. Now is the time to ask questions but try and think your questions through.

### BRAIN INJURY TYPES

#### Acceleration - Deceleration Injury

The brain is thrown forward onto the bony skull which causes damage to the front impact area and a rebound area at the back. Haemorrhage may occur inside the skull thus adding to the injury.

#### Crush Injury

Usually the above applies, combined with actual crushing of the skull.

#### Second Accident Injuries

As with other parts of the body an injured brain will swell and keep swelling for up to forty-eight hours after the accident. However with the brain, swelling causes major problems, for the brain is encased in a hard shell which does not allow swelling past a certain point. At

this point the brain begins to damage itself further, if it keeps swelling it eventually snaps the brain stem that carries all life to and from the body. This causes death.

So with severe head injuries, for the first forty-eight hours after the initial accident, nobody can tell you if the patient will live or die.

Severe head injuries can occur at forty kilometres per hour if the person is thrown from the vehicle and onto his face on the road. The human brain was not meant to be treated in this fashion.

### WAITING

Even while you wait for the results of the 'second accident' it is better if you can burn off some energy. Walk around the hospital, run around the hospital, run up and own the stairs. Whatever, just do something physical.

### TAKE STOCK

Once you are in the clear as far as life and death is concerned then it is time to take stock of the situation. Find out as much as you can from the doctors, and listen to them!

### Family

If possible hold a family conference to look to everybody's immediate future.

- If you live in another district, who can stay and who has to go back home?
- If you live on a farm with livestock and plants, obviously one of the partnership must return home.
- If you have younger children going to school, their needs must be looked at.
- In some cases older sisters and brothers have their own lives and employment to think of. They can only put their lives on hold for a week or so. They must go back to their lives.
- In the first 48 hours you can sleep at the hospital, but after that you must find accommodation, and you may be in for the long haul, weeks, months, longer. Living away from home is very expensive. See the hospital social worker about such matters.
- We found a mobile phone to be very useful. They are expensive, but being able to talk to a loved partner at any time during the day makes it worth the strain on the purse.

### Patient

Then there are jobs that have to be done for the patient as well. As far as his immediate health is concerned, he is in the hands of professionals, still it helps

to touch and to stroke and to wish your strength down into him. It is also positive to 'talk' to the patient in a coma. Talk about anything, just talk, sing, read aloud, anything; nobody knows whether he can or cannot hear you.

But back to the other jobs, those that concern the outside world. No matter how long it takes, you have to plan for his recovery.

- Ring his workplace, within the first couple of days if possible.
- Get in touch with the apprentice board if he is an apprentice, or the education board if he is a student. Both apprenticeship and degree courses can be postponed for anything up to two years.
- Apply on his behalf for social security, as of the day he enters hospital. You will have to sign forms on his behalf.
- Check with ambulance on cost of transport to the hospital. Because of the age group, under 25, most accident victims do not have ambulance coverage and somebody has to pay.
- Check with the hospital on any cost there. Remember, if he is of-age he is not on your hospital benefits.
- Check with police on any charges that might be brought to court, dangerous driving etc, and any third party actions if your loved one was driving and there were passengers in the vehicle. Okay, you don't want to know, but you are going to have to know.
- If he was not living at home at the time of the accident, sort out his other expenses such as rent.
- If he is in a coma more than 24 hours, there is a high possibility he will have to have a carer when he leaves hospital so it might be better to cancel any leases on flats or the like. This might seem cruel but believe me, there are going to be a lot of expenses, and extra rent you can do without. Also, if one or both parents, or wife or girlfriend are sitting by his side that is an immediate loss of income. Later when he leaves hospital the same carer will be needed to transport him back and forth to professional care and be with him, 24 hours a day in the home environment.

### QUESTIONS AND ANSWERS

#### The questions often asked

- Will he ever wake up?
- Will he be himself again?

#### The answers doctors give

- In most cases he will eventually wake up.

- It depends on the extent of the injury, but with a brain injury where some of the brain cells are killed it is unlikely that they will be exactly as they were.

Next time Susan will give advice on the recovery period; what to expect and how to cope.

### YOUTH AND ROAD SAFETY

The RTA and Motor Accidents Authority (NSW) last year launched a magazine entitled *Licensed* to complement a school-based predriver education programme. Especially designed to appeal to 15-20 year olds it incorporates: practicalities of obtaining a licence, important safety issues, attitude and behavioural issues aimed at ultimately leading to safer driving.

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# FIREWOOD COLLECTING

by Greg Baker, Braidwood, NSW.

Firewood is the prime reason for most people to own a chainsaw. Despite the casualness with which chainsaws are bought and sold, there are many things to keep in mind when cutting and gathering firewood.

These begin with careful preplanning of the wood gathering trip, deciding what to take and what to leave at home and, as importantly, where to collect the firewood. At the end of the trip are the tasks of loading and securing the cut wood and getting it and yourself back home safely.

## PLANNING

### Things to Take Into the Field

When you go out into the field to cut wood with your chainsaw you will need some or all of the following:

- chainsaw, fully maintained and with sharp chain,
- two stoke fuel,
- chain and bar oil,
- spare sharpened chain,
- spare clean airfilter,
- tools for chain sharpening and for field servicing and maintenance,
- axe,
- wedges,
- hard hat if you will be working with trees or limbs overhead,
- ear protection,
- eye protection,
- funnel,
- rags,
- first aid kit,
- knapsack spray of water in fire weather.

Because chainsawing is dangerous, it should be considered essential to take an adult friend. If you are injured your friend will be able to assist you or go for help.

### What NOT to Take Into the Field

In reality there are few things which could not accompany you on your wood gathering trip. However, unless you are prepared to tie it up while you are sawing, a dog can be a distraction. You cannot afford to divide your attention or to be interrupted at a crucial phase of the work.

In like vein, if you are foolhardy enough to go chainsawing without adult company, do not take young children. You cannot mind them and safely

cut wood. Finally, alcohol and chainsawing are not a good combination

### Where to Collect Firewood

Most firewood is cut and collected from already felled or fallen timber. On your own farm take care to select a place that

- is easy to get to,
- permits a fully laden vehicle to return easily,
- keeps vehicle excursions away from used tracks to a minimum,
- will make minimum disturbance to wildlife values.

If you do not already own a well treed farm, you will need to get permission to cut and collect firewood elsewhere. Sources of firewood are private lands, state owned or controlled lands, and road verges.

To cut and collect from private lands, you will need permission from the owner or occupier. If you do not already know a willing land owner and know of land with wood apparently available, you can find out the name and address of the land owner from the shire council. Some land owners may be willing to allow you to collect on their land and of course some may want you to pay for the wood.

If you do not know of such land, you can approach your local state forestry office. They can advise where wood is available and can usually sell you a permit. These permits are for a limited time span and cost a few dollars which depends on the amount of wood you intend to collect. Note that they do not

permit tree felling.

A final source of wood is road verges. Despite this apparently freely available resource, you do need a permit from the shire council to collect there. Approach the relevant council offices for details.

### What to Collect

All wood is not alike in its burning properties, its density or its wildlife values.

Rotten or otherwise unsound wood is not worth cutting and removing. While the cutting task will be easy, the wood has no lasting power in a fire and you will be robbing the food chain of an important source of nutrient. It is just not worth cutting and removing. Similarly small twigs take up too much room on your vehicle for the mass of wood that they represent.

Try to be environmentally sensitive about what you take. All trees whether dead or alive have wildlife value and the trick is to select the timber you collect to minimise disturbance. Leave all hollow logs. These are important shelters and homes for all manner of animals and as they become scarce so too do the animals that depend on them. The fact that others following you may take these logs that you leave is not a good excuse to take them yourself.

Try to select good sound wood without hollows and that is lying where you can easily get at it. This means that wood on steep slopes or in gullies should be left alone. In any case these



logs will be preventing soil erosion and should be left.

### CUTTING WOOD

For safety, your time collecting wood should be as organised and relaxed as possible. Keep your tools and other gear in one place and neatly organised. Keep people well away from where you are sawing.

#### Starting and Safe Operations

Don't start the saw until you know what you want to cut and you have cleared the area around. Plan a sequence of cuts in your mind then don your protective clothing and start the saw. The starting method should follow your saw manufacturer's recommendations. In the absence of these instructions, however, follow this sequence:

Place the saw on flat ground so that the bar and chain are clear of all obstructions. Release the chainbrake, turn the ignition switch to the 'ON' position and apply full choke. Stand beside the saw with the bar projecting leftwards as you face the saw.

Grasp the saw's forward handle with your left hand making sure to wrap your thumb around it. Insert your right boot into the rear handle and hold it firmly to the ground. Now, with your right hand, gently pull the starter rope until you feel resistance. This will be only five or so centimetres of its travel. Then give the rope a sharp tug outwards to the limit of its travel and, without letting go of the handle, quickly allow the rope to rewind back into its housing.

You may need to do this a couple of times before the saw starts. When it does, quickly open the choke and allow the engine to warm up. There is no need to remain bent over the chainsaw as it warms. Apply the chainbrake, release your grip and stand back for a few minutes. Some saws will fire once but not start with the choke fully closed. For these saws, allow it to fire, allow the starter rope to rewind, open the choke then start.

When you have worked through your planned sequence of cuts, turn the saw off, apply the chainbrake and set the saw down where it will not be damaged by your wood gathering activities and where the heat of the muffler will not start a fire.

Clear the site of cut wood before you start again. This has two advantages. One is that it will keep the site safe from wood underfoot. The other is that you will not find you have cut too much to take away and have to leave a bonus for those who follow you at the site.

When you have finished your planned sequence of cuts, begin to load your vehicle or trailer.

#### What to Take Home

Along with your wood, make sure you take all your chainsaw gear. Running through the above list before you leave the cutting site is a good idea. In addition, taking rubbish from your lunch or snack will leave the site more pleasant for others and yourself on later trips and will retain landowner goodwill. If you have hopes of returning to the site to cut

on another occasion this latter is very important.

#### Lifting and Carrying

When lifting cut wood remember to lift with your legs and not with your back. Chronic back problems can be caused by incorrect lifting technique and even though money cannot compensate injury, you should recognise the fact that you are not covered by insurance when gathering your own firewood.

To lift cut wood, crouch down with the wood in front of you. Take hold of the wood and, with your back straight, and using the muscles of your legs, stand up. Still upright, transfer the wood to your truck or trailer.

There are two approaches to large blocks. The first is to split them on the spot before loading. This is more time consuming at the cutting site. However, it will mean you can fill your truck or trailer more quickly because the lifting task is less and you can stack it more effectively and carry more away.

The second approach is to ask your friend to lend a hand. To lift a log with two people, crouch down facing one another with the log between you. Take hold of the log and stand together, both standing upright and using your legs to do the lifting.

To lift or move heavy posts and braces, first lift one end as above for lifting heavy logs. Push it upright with your shoulders and hold it vertical beside you. Now push your upper leg against the log and using the leg as a pivot point and your arms for muscle, walk



Once cut and split the wood must be taken home and stacked under cover so it is dry when used and burns efficiently. Green-cut wood should be left stacked for at least a year if at all possible.

the near-vertical post to your truck or trailer.

## LOADING TRAILERS

There are three things to be aware of when loading vehicles or trailers: maximum allowable mass, loading distribution and security of the load.

### Maximum Allowable Mass

Before you set out to collect wood, make sure you know the maximum mass you are permitted to carry on your vehicle or trailer and, for trailers, the maximum you are permitted to pull with your vehicle. The mass permitted on a trailer varies from state to state and depends on the number of axles and wheels and on the existence or not of trailer brakes.

You can get some idea of whether your trailer is overloaded by watching the shape of the tyres and of the springs as you load. If the tyres or the leaf springs become flat or, in the case of the springs, reverse their shape, you are overloaded. Experience will tell you how much you can safely get on your trailer, though as a rough rule of thumb, allow about 500 kilograms per cubic metre of stacked dry wood.

There are also regulations covering rearview mirrors and maximum road speeds and you should make yourself familiar with them before you set out.

### Mass Distribution

It is important to distribute the load on your vehicle or trailer in a sensible way even if you are only travelling a short distance. The two principles to follow are to keep the load as low as possible because it is more stable like that and to spread it so that the vehicle's wheels take their proper share of the load. For trucks and utilities this means keeping the vehicle on an even keel. For trailers it means that the trailer balances around



Young children are best kept out of the way entirely, but older children can be a great help with splitting wood and loading and unloading the trailer.

the axle or axles. This latter means that the trailer neither bears down on the towing vehicle's tow ball, lifting the front end and reducing steering safety, nor lifts the rear, reducing traction. If you split some or all of the wood on site it will be easier to stack.

If the trailer's suspension and braking system are adequate, you can stack the trailer higher than the sides. One way to do this without the added worry of wood falling off in transit is to buy or make a steel crate to fit within the sides of the trailer. Steel crates should be bolted to the trailer.

### Securing Loads

Your load should be secured even if it lies totally below the sides of the trailer

or is restrained by a steel crate. If it is not, logs can easily be dislodged under heavy braking. The best way to secure the load is to use a tarpaulin and secure it at all sides or rope it down. Following this in effectiveness is to use a nylon net or several ropes to crisscross the load though wood can still be dislodged with this method. Remember it is up to you to make sure that your load is secure and none is able to fall from it.

Following these ideas can make gathering firewood a pleasant and satisfying experience.

More information about firewood: GR 97 – tree felling theory and splitting block, GR 86 – splitting wood, GR 96 – using Mallee roots. Chainsaw information see: GR 96 – sharpening, GR 98 – tuning, GR 102 – maintenance.

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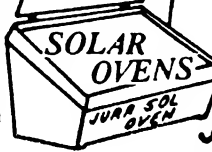
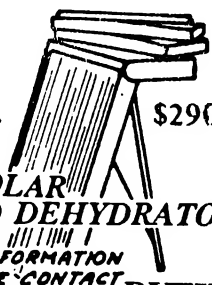
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# ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

## ORGANIC CONTROL FOR COCKROACHES

Cockroaches can be eliminated without using toxic chemical treatments. The Cockroach Package, available by mail order from Green Harvest, includes a 100 g resealable plastic container of boric acid, a pest pistol duster and an information sheet. Dust a light film of powder into cracks, behind fridges and stoves so that cockroaches can come in contact with it. They will die within two weeks. The pest pistol duster has soft squeezing long-life bellows for easy, one hand operation and a pinpoint nozzle to reach into difficult hiding places.

The package is also useful for silverfish and ant control when the boric acid is mixed with a little sugar. Cost is \$25 plus \$3 postage and packing, from:

**Green Harvest, 52 Crystal Water, MS 16, MALENY 4552.**

## MIND GAMES

Expanding your thinking skills can now be fun for the whole family with *Edward de Bono's Mind Pack*. Dr de Bono, the internationally celebrated pioneer of lateral thinking techniques, takes familiar ideas and associations and redefines them to make everyday thinking more enjoyable and productive. Included in the pack is a guide to over eighty thinking games and exercises and the accompanying cards, dice and game board. The recommended retail price is \$29.95. Available from book stores, or contact the publisher:

**Allen & Unwin, PO Box 8500, ST LEONARDS 2065. Ph: 02-901-4088, fax: 02-906-2218.**

## FLY TRAP GADGET

With a small black plastic gadget called the 'Ivegotcha', plastic soft drink bottles can be quickly converted into fly traps. The trap works by placing a piece of raw meat or fish into a bottle, adding a little water and pushing the plastic stopper into the bottle neck. Flies will be drawn by the odour of the meat and will fly into the bottle through the holes in the stopper. The flies will not leave the bottle because the exit is black. When the bottle is full of flies, remove the stopper to re-use, and use the maggots as bait or chook food. The 'Ivegotcha' is available in a packet of two for \$2.95, cheque or money order, plus SAE with 95 cent stamp from:

**Vic Fedorow, 65 Guanaba Rd, MT TAMBOURINE 4272. Ph: 07-5545-2875.**

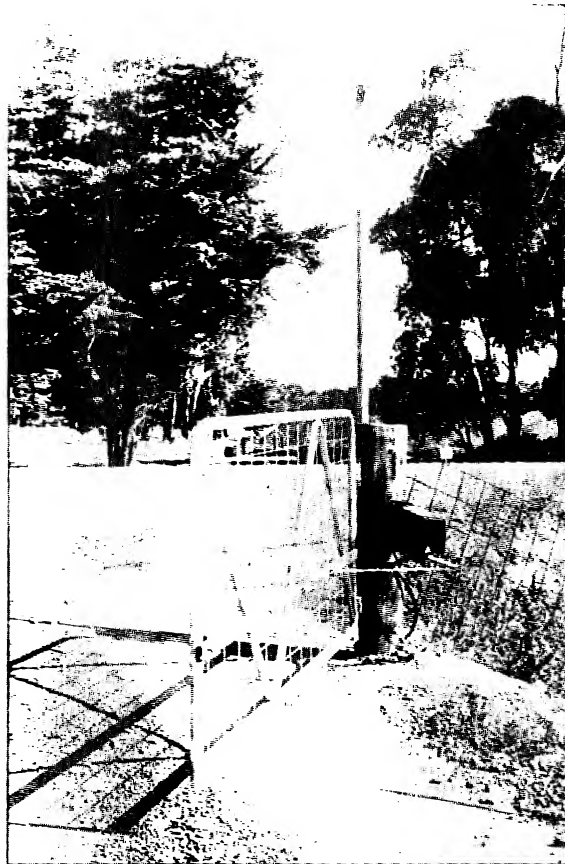


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The shower system comes in kit form and can be easily and quickly fitted. The complete shower kit retails at around \$400.

**Glind Pty Ltd, Private Mail Bag No 4, NERANG 4211. Ph/fax: 07-3408-9876.**

# ERADICATING SAFFRON THISTLES

by Ian Brothers, Grenfell, NSW.

I have written to H Elms of Ilford (GR 111) who has a problem with saffron thistles (*Carthamus lanatus*), although no idea was given regarding the size of infestation, what in particular was being infested (bushland, pasture, crops) or on what sort of terrain the infestation occurs.

In a cropping regime saffrons are easy to control with cultivation and herbicides, with attention given to areas outside the cropped area using selective broadleaf herbicides (see Department of Agriculture). If that fails, dynamite is very effective.

We have a 517 acre grazing property in granite country (sandy soils merging to immature red brown earth). Saffrons had infested open pasture and steep rocky slopes and all sorts of odd patches here and there. We came here toward the end of 1987, and that year we perceived saffron thistles as a pest, so we read the literature and asked the neighbours (who were not controlling theirs) and decided we'd really have to do it the hard way. We had no intention of using herbicides because of our philosophical convictions.

So, Mum, Dad and two teenage sons, got out there day after day (with only Dad lasting the distance), armed with tomahawks and barbeque tongs. RSI of every part of the body was a definite risk, as was dehydration and skin cancer. Was it worth it? In the back of my mind echoed the words of my agriculture teacher, Trevor Grogan of James Ruse Agriculture High, 'One year's seeding, seven years' weeding'. I was totally committed. The others had given up and would snarl at me when the subject of, 'Who'll come and help me with the saffrons?' came up.

In the spring and summer of 1988 I got every saffron I could see. Many weeks of work over many months. When the job was done there was a great deal of satisfaction, especially when I looked

The spiky fruit of the saffron thistle, with seeds just waiting to be dispersed by a passing animal or washed downhill by rain.



over the fence at the neighbouring saffron forests. One neighbour thought his sheep were showing signs of scabby mouth but the vet diagnosed saffron thistle damage.

This is all a bit long-winded but a principle is involved which relates to any weed infestation. One must understand the plant's life cycle and take advantage of that knowledge in the eradication of that species. In the case of saffron thistle eradication, even if I had decided to use conventional methods they were useless in our type of country.

The thistle has a young stage called the rosette. This is about the only time it can be sprayed, but heavy grazing will keep it down as sheep in particular will nip off the rosette. If you don't have sheep or goats then you may decide that the lawn mower set low will do the same job. This is okay in a climate where the summer is hot and dry, but otherwise the thistle will grow back from the tap root. Sometimes the plant can last out till the next growing season.

It is important to prevent the plants from seeding, even if you have to go

around the large ones and cut off the seed heads and stuff them in a bag to be burned later. In fact, once the plants start flowering, letting out their distinctive yellow (saffron) flowers, the seeds within are likely to be viable. Thus it is important to put all plants at this stage and later into a pile to be burned with a fierce fire in the wintertime. Once the seed heads open up you have the problem that the seeds are easily dislodged and fall down to germinate some time over the next five or more years. A certain amount of the seed will germinate next season, but the rest of it has various degrees of hard-seededness: the effect is that seeds can lay dormant through several (or many) seasons before germinating. A very good adaptation for the plant.

The saffron thistle seeds are very heavy. They are not disseminated by wind, fortunately, or I'd be pretty cranky with the neighbours. They can be washed downhill to a small extent and will thus populate along waterways easily. They spring out of the seed head of the plant and land a short distance from the par-



Catherine Brothers standing in the saffron forest on a neighbouring property. The Brother's own property, beyond the fence, has been successfully cleared of this pest.

ent, making thickets of plants. Maybe they can go through the gut of birds and be spread this way, together with a little load of fertiliser. I have not seen this mentioned in the literature as the plant has probably not been studied to that extent. It would certainly explain how they get into odd spots on our place.

They are such hardy plants they have to be admired, but I hate the mongrels just the same. It's a long time now since I have used tongs and tomahawks. I wait till they send up their long stalk (not too long or thick though!) and pull them out using leather work gloves. You get the occasional prickle but soon learn the technique. It's best to do this after rain so they pull up easily. You must get the tap root, and if the plant breaks off you should use a weeding fork to get the root out.

If they have been left too long and are very thick you'll just have to cut off the seed heads as they may be impossible to pull out. If the thistles at this stage are slashed to about five centimetres from the ground they are very capable of puncturing vehicle tyres, so slashing should be well up (say 30 centimetres) so the stalks bend when a wheel passes over. I've also been known to pick up seeds that I've seen, knowing it's a lot easier to pick them up than get the plant sometime in the next so many seasons.

The basic principle is to lower the seed bank in the soil so that the plant population is manageable. With saffrons you have a leeway of several months before the seeds drop, so plan to do two or three hours at a time or you'll be a physical wreck.

Our place now has the thistle population way down. Last year we hardly had any, but that was drought. This year there are a fair few in two small areas and only a smattering elsewhere. I'm banking on these being the last of the hard-seeded ones that one would expect to come the season after a drought. In

any case they only represent a few day's work rather than the months spent in 1988/89. Was it worth it? You betcha! Certain paddocks of the neighbour's are almost useless for grazing, such is the infestation.

However, I will be upset if someone finds saffron thistles are rich in a cancer-fighting chemical or they contain a potent aphrodisiac. Think I'll go out and have a chew at one, after removing the spines of course! If you see 'Saffron Potency Pills' in the shops in a few year's time you'll know who is the ex-grazier behind it.

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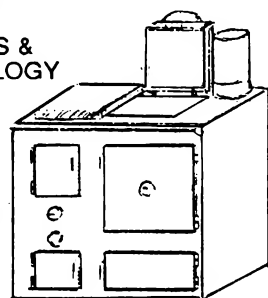
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## DOWN HOME ON THE FARM by Megg Miller.

Some years ago I turned my back on wood fuel energy. At that stage I'd found our open fire dirty and dusty, wood collection time consuming and the chimney perpetually inhabited by a stubborn down draught. As well, the walls of the lounge room were smoke stained, clothes exuded an aroma reminiscent of campfires and, horror of horrors, books on the top shelves were discolouring. The kitchen boasted a quaint little stove, a Metters Ace No 1 of geriatric constitution. It too smoked like the devil and for more years than I care to remember was the sole means of cooking. Many the summer I did the baking in a bikini, the sweat pouring off me, and the house an unbearable furnace for the rest of the day. Some respite was gained when we bought a solar oven, but although successful with vegetable and legume dishes it produced unappetising bread and meat was tricky to cook. It wasn't until we purchased a small electric convection oven and later a gas cook top that summer living became bearable. In time the open fire gave way to an economical gas heater and such practices as collecting kindling, splitting hardwood and emptying ash buckets became mere memories.

Now I've come nearly a full circle. The gas heater still stands like a sterile sentinel in the open fireplace but the kitchen stove has endured a make over and is being fired up again. When the first cold nights of winter struck, I was overcome with an intense longing for its warmth. Not only had it been great for cooking but it had successfully heated the house as well. When the stove was dusted down and inspected, evidence of neglect was revealed. The top plate was broken and the flue badly rusted. A caller-in pointed out that the damper was missing. I set off next day to find one. A search of likely local sources proved fruitless and suggested the quest could take months. Driving through an old gold mining town a couple of days later I stopped off to find a coffee shop and discovered instead a barn of second-hand building supplies. And there amongst a collection of cast iron stove paraphernalia were a suitable damper and damper holder and appropriate flue pipe. Some modifications at the local

engineering works were necessary plus welding together the broken stove top. Finally I was ready to assemble and caulk the pieces in place.

Those new to the country or managing a fuel stove for the first time will enjoy the rest of this story. Saturday lunchtime I lit the stove. With weekend guests expected midafternoon I was doing six things at once, until smoke started to seep out the joins on the stove. In no time visibility was poor. My eyes were streaming and my throat hurt. Suddenly a high pitched wailing began, the smoke detector had been triggered. I flew out the open front door, grabbed the step ladder and dragged it in, located the detector at the top of the bookshelves and rushed outdoors to subdue it. As I gasped in fresh air I caught sight of the chimney – only a wisp of smoke was escaping. Emitting unprintable comments I sprinted over to the shed, grabbed the extension ladder and returned to the house, setting it up over the back porch. Gasping and sobbing I scrambled up the ladder and across the roof to the chimney. No wonder the kitchen was full of smoke, the top of the chimney was securely covered with a piece of flat iron! By the time I'd returned the ladders to their respective places and made my way indoors the fire was beginning to draw. I felt and looked a wreck. Later that evening my guests, mellow from

food and wine, basked in the warmth and ambience that only a wood fire can create.

I confess to eyeing the stove warily – my hands looked like a chimney sweep's, my back ached and the damn thing was still smoking a little. Obviously there is more work to be done before I've got it functioning perfectly.

The onset of the cold weather has been enthusiastically greeted by the menagerie. Maria, the pastoral guard dog, comes alive in the winter, not surprising considering the thick double coat she carries. Her eyes are bright, there is a spring in her step and of course there are plenty of foxes to bark at and chase at night. The goslings, no longer babies, are shoudering the adults aside for more food or a turn on the small pond. With a green pick colouring the former bare, dusty paddock, this species is happy to meander up and into the sheep paddock for a gentle graze. Right now they are a chummy lot but in a few weeks when their hormones start circulating, posturing aggressive behaviour will manifest as partners are chosen or exchanged. Last season's turkeys and chickens are approaching maturity and have developed wanderlust, spending their days ranging the paddock in search of sprouting seed and green shoots. It's such a joy to see the greening of the countryside, especially the paddocks here, and



The Blue Swedish ducks – these new additions were a recent gift from a friend.

the consequent enthusiasm of the birds as they enjoy the resultant feed.

The only poultry to be unaffected by the changing seasons are the Muscovies. After last year's glut of ducks I'm down to a single pair, lazy birds that stagger out from their home under the office for victuals, sex and a quick bath. They were wonderful as youngsters, very energetic and active, but as soon as they reached adulthood they lost interest in ranging and now spend their days waiting for the next meal. Their complacency has been shaken, however, by the introduction of a pair of young Blue Swedish ducks. These are gorgeous looking, pretty blue plumaged birds with a distinct white bib and neck. The breed is not common because properly coloured, well marked birds are very difficult to breed. While they snuggle down with the Muscovies at night, their active nature has them up and out at first light. The pained expression of their sombre sleeping partners is comical to say the least.

Comical too was the recent podiatry inflicted upon Piggy. Her hooves were long when she arrived last year and continued to grow because of the soft ground in her sty. Pigs on free range wear any excess growth down with their constant walking and I suppose the commercially farmed and housed pigs don't reach an age where long hooves are a nuisance. Piggy's were causing her to walk awkwardly and threatened muscular or skeletal weakening. It took three months to locate a vet experienced with pigs, personal knowledge of the species being essential because of their sensitivity to drugs. How do you trim the hooves of a half-tonne pig? With a lot of effort I discovered. Even a mild sedative left Piggy angry and unco-operative, and we were forced to wedge her in and use bondage to gain access to her feet. It took about two hours of grunting and rolling around before the job was completed. When the vet left she was propped up against a bale of straw, snoring loudly. 'Keep her off her side,' the vet advised, showing me how to chock her up with the straw. When I checked an hour later she had fallen over onto her other side and I had the dickins of a job on my own sitting her up again.

Other than a few lacerations there was nothing next day to indicate the ordeal Piggy had been through and she met me at the gate loudly demanding breakfast. Her next appointment is in six months because only a little of the

overgrown nail was cut off. If they are cut back severely and start bleeding, an infection can occur, so there may need to be a couple more podiatry sessions before this pig can glide the catwalk.

It must have been the month for foot trimming because the two sheep suffered a similar fate. Dear old Merle, whom long-term readers will recall as the merino who thought she was a chook, was collected for her annual shearing and foot treatment. Merle has been living her days out with a friend in a fenced off section of the five acres so she has no access to the chook houses. Just occasionally she breaks out and can usually be found in a turkey shed, blissed out. As she invariably destroys the door during her break-in, such idiosyncratic actions are not encouraged. Fortunately with the passing of years we've achieved an understanding and she receives two serves of chook food a day in return for staying in her paddock. Two bags of fleece were returned with the sad and sorry sheep, one I've given to a friend and the second, Merle's, is awaiting spinning in the months ahead. I'm keeping the wool for when I have nothing to do!

I really should revise that last statement to when I have nothing pressing to do. There is always a long list of jobs awaiting attention on a farm, even a tiny one like this. Fortunately some can be shelved and then tackled when there are additional willing hands to help. One such job was cleaning out the grain bin, which although nigh on empty had a build-up of grain residue around the walls after weevil infestation. I eyed and eyed this storage silo for weeks on end, then finally set aside a Saturday for digging out and carting away this smelly, rank looking rubbish. My luck was in when David offered to lend a hand, and we knocked the job over in a little over an hour. As the digging out necessitates climbing up into the bin through a roof opening I would have been one exhausted little puppy at the end of the day had I tackled the digging and subsequent removal of the debris on my own. Chook sheds are another unpleasant responsibility, but the immediacy of their attention is more flexible and many visitors offer to rake and clean out one or two for me. The raking out is easy, it is the brushing down of spider webs and congealed dust that leaves shoulder and neck muscles aching. A little often is my motto and while I never seem to achieve much in the short term on a larger time frame

## PENPALS

My name is Rebecca Dufty. I am ten years old. I like mystery, adventure and ghost stories and playing soccer and cricket. I have three cats, one is a Persian. I would like to write to a girl and a boy 8 to 12 years.

**Rebecca Dufty,**

**C/- PO Box 242, EUROA 3666.**

I am a thirty year old mother of three. I am looking for overseas penpals, any age, male or female, any nationality. I am keen to hear experiences of life in overseas countries. My interests are self-sufficiency, reading, writing, crafts and animals.

**Lisa Cooper,**

**C/- PO Box 242, EUROA 3666.**

I am looking for a penpal aged 11-14, male or female. I am Daniel and I'm 12 years old. My hobbies are swimming, drawing, reading, collecting NBA cards and riding bikes.

**Daniel Pymble,**

**C/- PO Box 242, EUROA 3666.**

Hi, my name is Michelle. I am 23 years old and I enjoy reading GR, writing letters, listening to ABBA music and collecting anything on ABBA. I would like to write to males or females aged 18 years upwards who enjoy reading GR and like ABBA.

**Michelle,**

**PO Box 2169, MT GAMBIER 5290.**

the jobs all seem to get done.

What I do like is to spend time in the garden which was set up as an oasis from the barren paddocks that surround the place, and as a result it has the character and feel of a walled garden. A few judicious sessions in the vegie garden at the beginning of the year resulted in homegrown broccoli at the start of May, a great achievement, and several of the root crops are ready to harvest, along with the ever-present cut-and-come-again lettuces, sorrel, silver beet and bitter greens. Awaiting too are a wealth of Jerusalem artichokes to lift and some tasty coloured potatoes. While I may never have the time now to be truly self-sufficient, it is indeed rewarding to provide some home-produced fare. With the many and varied responsibilities I have it would be easy to forsake vegetable gardening but it's something I hang on to tenaciously. It recharges my spirit, provides solace when I'm sad or angry and is an activity I learned from observing both my parents and grandparents. As such, it is a tangible link with my past, almost an inheritance. The fact that I have many plants that were from my childhood home provides an additional bond. Weeding, digging and planting out are relaxing and rewarding activities but they are also the simple way I pay homage to my ancestors.

# Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

## ★ FEATURE TITLE ★

### WHAT FOOD IS THAT? & HOW HEALTHY IS IT?

– Jo Rogers.

Community interest in food and nutrition has led to a need for detailed information for each type of food that we eat. This book provides such information for nearly two thousand foods. The separate entry for each item contains a photograph for easy identification, followed by nutritional facts and comments which help to define the food's function in a healthy diet, plus a descrip-

tion, history, and advice on buying, storage, preparation and use. Information is arranged in categories and is very easy to access. It is interesting reading when buying or trying new foods and recipes.

H/b, 399 pp, Landsdowne Publishing, available from Lifeline Distributors, Unit 6/8 Victoria Ave, Castle Hill 2154. Ph: 02-634-1333. RRP \$12 + \$5 postage.



### ATTRACTING FROGS TO YOUR GARDEN – Kevin Casey.

'Frog-scaping' is the increasingly popular art of transforming a backyard into a welcome habitat for local native frogs. This charming little book provides essential advice and information on tadpole raising, frog identification, frog-spotting techniques, amphibians as predators and prey, building backyard frog ponds and establishing balanced garden environments. Of interest to all frog fans.

P/b, 136 pp, Kimberley Publications, PO Box 6095, Upper Mt Gravatt 4122. Ph: 073-343-6589. RRP \$14.95 + \$2 postage.

### THE MILLENIUM WHOLE EARTH CATALOG – edited by Howard Rheingold.

Since 1968, *Whole Earth Catalogs* have transformed the world, by introducing world changers to world changing tools. This issue is no exception, with entries encouraging unfamiliar quests that will eventually become part of mainstream thinking, but are now still struggling to be understood and recognised. The issues for the '90s and beyond are environmental restoration, community building, whole systems thinking, medical self care, backyard biodiversity, electronic mail, ecotourism and green investing. The editors consider the catalog provides an introduction to the missing parts of a more formal education. An innovative, valuable book that contains much engrossing reading.

P/b, 384 pp, Harper Collins. Ph: 02-9952-5000. RRP \$54.

### COPING WITH CHRONIC FATIGUE SYNDROME. NINE THINGS YOU CAN DO – Fred Friedberg.

Written by a clinical psychologist who is afflicted with CFS, this book provides a range of behavioural and emotional coping skills to deal with symptoms and maintain a high quality of life. It does not talk about cures and recovery, but advises in terms of coping and improving.

P/b, 166 pp, New Harbinger Publications, available from Book Publications, PO Box 163, Tea Gardens 2324.

Ph: 049-970-811. RRP \$22.95.

### NATURAL FARMING AUSTRALIA – edited by Lindsay Bock.

Many gardeners and commercial enterprises are turning to organic, biodynamic and permaculture techniques, in a way that not only brings financial returns but also the rewards of a change or enhancement of lifestyle. This book consists of case studies gleaned from the pages of *Acres* magazine. The enterprises include dairy farming, market gardening, horticulture, broadacre farming, forestry, livestock and poultry and includes chapters on value adding and marketing.

P/b, 191 pp, available from Agmedia, PO Box 258, East Melbourne 3002. Freecall: 1800-800-755. RRP \$29.95 + postage.

### CREATE AN OASIS WITH GREY WATER – Art Ludwig.

This useful booklet outlines many systems for the reuse of grey water, both simple and complex, with design details and analysis of environmental and economical considerations. These systems aim at convenient, automated and efficient delivery of waste water and provide useful guidance for do-it-yourselfers.

P/b, 46 pp, available from Agmedia. As above. RRP \$11.95 + postage.

### THE ELIXIRS OF NOSTRADAMUS – edited by Knut Boeser.

Nostradamus is best remembered today for his prophetic visions. For at least two-thirds of his life however, he was famous for his extraordinary medical and alchemical skills. His recipes, reproduced here with illustrations by Leonhard Fuchs, portray Nostradamus as an open-minded doctor and sympathetic healer, with intense feeling for the forces of nature. It may not be practical to make up the lotions and preserves, but it makes fascinating reading.

H/b, 162 pp, Allen & Unwin. Ph: 02-9901-4088. RRP \$29.95.

### THE PERMACULTURE HOME GARDEN – Linda Woodrow.

Step-by-step instructions and helpful diagrams make it easy to plan and plant a permaculture garden. There is comprehensive information on building a chook dome, composting, worm farming, planting and rotating. It provides detail without the reader feeling bogged down with information overload.

P/b, 183 pp, Viking. Ph: 03-9871-2497. RRP \$24.95.

### THE WEEKEND DECORATOR – Stephanie Gibbs with Belinda Henwood.

The projects in this book are cheap, cheerful, chic and imaginative ways to decorate the house, taking only a weekend to do. Ideas include window dressings, paint techniques, chairs, cushions, frames, mirrors and placemats. Accompanied by glossy photos and stencil patterns, the projects require basic skills and equipment.

P/b, 95 pp, Sally Milner Publishing. Ph: 06-236-3412. RRP \$27.95.

### IN THE GARDEN WITH JENNY SMITH – Jenny Smith.

With its relaxed style, colour photos and wealth of information, flower gardeners in the temperate southern states will find this book a useful addition to their gardening reference collection. Month by month Jenny advises on planting, pruning, mulching and propagating, with a scattering of recipes, tips and colour scheme plantings.

P/b, 208 pp, Hyland House. Ph: 03-9696-9064. RRP \$29.95.

# 'GRASS ROOTS' AWARDS

We know our readers are a special group of people, their achievements are many and their talents diverse. They usually don't seek notoriety, but are content to quietly lead their lives in accordance with their own values and in pursuit of goals important to themselves. In recognition of these quiet achievers we are initiating the Annual *Grass Roots* Awards and calling for nominations in the following categories:

- **Lifestyle** – a person, family or group whose lifestyle most closely reflects *Grass Roots* self-sufficiency.
- **Innovation** – a person who has invented or produced something which aids or advances a self-sufficient lifestyle.
- **Good Samaritan** – a person who you know goes out of their way to help others in a variety of ways. The Feedback pages contain many examples.
- **Community Service** – a person active in the community in the promotion of self-sufficiency and environmental care.

The prize for each category is a Going Solar gift voucher to the value of \$200. Nominations will be published in each issue of *Grass Roots*. Voting details will be provided later in the year and the awards will be announced in the Dec '96 - Jan '97 issue.

## Nomination Form

(cut or copy)

### Conditions

Nominees must be persons you have read about in, or contacted through, *Grass Roots* magazine. You may nominate one person per category, per issue, but it is not necessary to nominate a person in each category. Employees of Night Owl Publishers, and their families, are not eligible. Include your own name, address and phone number and that of any person(s) you are nominating.

I (name address & ph).....

wish to nominate the following person(s) for the Annual *Grass Roots* Awards.

Include name and all known contact details, and a brief reason for each of your nominees.

**Lifestyle**.....

**Good Samaritan**.....

**Innovation**.....

**Community Service**.....

Send to: 'GR Awards', PO Box 242, EUROA 3666.

# GRASSIFIEDS

## HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, not in block capitals, including correct punctuation. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 60 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send your advertisement and payment to *Grass Roots*, PO Box 242, Euroa 3666, before the deadline and we'll include your advertisement in the next issue of *Grass Roots*. **Deadline for GR 116 is 30th June, 1996.**

Sender's Name ..... For issue no/s .....

Address ..... Classification .....

..... Postcode ..... Cost .....

**Cost for advertisements is 60c per word.**

## PROPERTY FOR SALE

### NEW SOUTH WALES

**BUSHRETREAT-NAMBUCCA VALLEY**, mid nth coast, 27 1/2 ac, timbered, perm crk, 45 mins to main town. \$48,000. Ph: 044-651-505.

**NYMBOIDA, NORTHERN NSW**, 2 dwellings on 100 ac. Main dwelling 3 b/r, 2 storey hexagon features natural woods, bushrock, verandahs & balcony, beautiful views. Second dwelling is self-cont 1 b/r cottage. Property is 80% wooded, has dam, picturesque crk, abund organic vegie patch, sheds, paddocks, school bus to gate. Wildlife is prolific. Fully estab property within idyllic setting. Must sell. \$145,000. Ph: 066-845-206 for details & photos.

**HOLBROOK AREA** 1500 ac virgin country, Torrens title, perm springs & crks. Contact: Robert Montague, 060-362-488, 060-362-176 AH.

**ADELONG, WAGGA ONE HOUR**, c1870s house on 4 ac. Immaculate, lovely village and countryside. Ideal for artist/craftsperson, or self-suff. Be part of village community. Sell \$139,000; WIWO, \$150,000. Ring 069-462-429. Cannot move May to August. Could be willing to rent back for a short time.

**BUSHFOOD PLANTATION**, 12 ac commercial planting with new shed, machinery, great soil and views, 20 mins Lismore. Lifestyle + massive income. \$250,000 WIWO. Ph: 066-886-274.

**CENTRAL TO SOUTH COAST & SNOWIES**, heavily timbered, perm water, weekender and much more. Nearest town Bombala, 23 km. \$50,000. Ph: 06-292-3592.

**BROWN MOUNTAIN**, Bemboka NSW, grafted native plant nursery (tubestock), 10 ac r/forest, tree fern gullies, mtn stream, panoramic vistas, 1 hr beaches, 2 hrs snow fields. School bus. Fully fitted cabin, advanced design greenhouse, shadehouse, solar power, water storage. Excellent potential for couple to be trained, owner retiring, to supply contract forward orders to native flower plantations. WIWO \$90,000 ONO. Ph: 064-930-296 AH.

**COONABARABRAN**, 100 acres, 4 b/r home, 22 km from town. \$65,000 ONO. Ring 068-422-238.

**NAMBUCCA HEADS** 3/4 hr, 1200 ac. Backs onto state forest, 1/12 share in mostly native forest, 20 ac crk flats, 2 ac housesite, cabin, ph, 4000 gal r/w/tanks, dam, f/trees, crk, swimming holes. \$45,000 ONO. Ph: Monica & George, 02-9973-1580.

**EDEN, 80 ACRES FREEHOLD**, 15 mins from Eden or Merimbula, nestled in the hills backing onto the Nullica State Forest. Northerly aspect with good camping and building sites. Subdivision possible, categorised residential. \$65,000 ONO. Ph: 06-297-3808 AH, 018-486-636 BH.

**BELLBROOK**, 40 mins west of Kempsey, 30 ac of peace & quiet, 2 dams, fully fenced, sml cabin with stove & pot belly. \$62,000 ONO. Ph: 06-250-2808.

**NAMBUCCA VALLEY**, 60 ac bushland retreat, NE aspect, adjoins state forest. Two approved homes, shed, perm water. Power & ph to one, alternative power to 2nd home. Established f/trees, palms, organically maintained, suitable for 2 families or 2nd income. Town 25 mins, school bus. Asking \$185,000. Ph: 065-667-307.

**TAMWORTH, HALF-HOUR DRIVE**, self-cont bushland valley offering complete privacy, 161 ha (400 ac) with near-new 2 b/r modern home. Large serviced caravan on site. Suit granny flat. Watered by crk, bore & r/water tanks. Beautiful property, selling due to health. Has been used for breeding horses. Approximately 800 ha (2000 ac) adjoining avail for cheap lease. \$150,000. Ph: 067-695-503 nights.

**MUDGE DISTRICT**, 100 ac, mostly cleared, fully fenced, surrounded by nat pk. Great retreat or self-suff. Split log home, combust stove, solar power, diesel generator. Large machinery shed, spring-fed dam. A piece of peace. \$79,500 or \$89,500 with tractor and implements. Satellite TV optional. Ph: 063-734-218 AH.

**TWO BEDROOM FIBRO/TIMBER** house, carpet, curtain, lights, 1/2 ac land at Koorawatha near Cowra. \$55,000 ONO. Ph: 063-424-643.

**MACMASTERS BEACH, CENTRAL COAST**: Rural rates & outlook, 3 phase power, 3 mins to beach, opposite nat pk. Three level Hardiplank house with dbl garage. Top level has 3 b/r, lounge, dining, bathroom, sep toilet, verandahs with view to park. Below, 1 b/r granny flat, fully self-cont. Lower level has huge rumpus or storage area. Lovely rural retreat close to facilities & beach. \$198,000. Ph: 043-822-336.

**NORTHERN NSW**, between Iluka & Evans Head, 10 ac, adj to coastal Bundjalung Nat Pk, craftsman-built solar powered, post & beam mud brick home, wood fired heater, cathedral ceilings and exposed beams. Excellent maintained access rd, abundant wildlife, only 20 mins from beaches at either Evans Head or Iluka. Owner must sell. Bargain price \$70,000 ONO. Ph: owner, 03-9354-7249.

# GRASSIFIEDS

## PROPERTY FOR SALE NEW SOUTH WALES

NSW, TWO BEDROOM w/b home, sunroom, lounge room, laundry, kitchen, elec stove, bathroom, outside & inside toilets. Two 10 x 10 sheds. Double garage. Extra lge garden in quiet country town. \$44,000 ONO. Ph: 068-441-774, or 052-348-437.

BEAUTIFUL BRAIDWOOD DISTRICT, 500 ac, 45 mins to Canberra. Long, deep, crk frontage (trout, platypus) with market garden potential. Five positions. Good granite, bush, wildlife, dams & a balance of grazing. Country varies from rich to rugged. Excellent views and house sites. Secluded and private but not too far from civilization. Asking \$410 per ac ONO. Ph/fax: 048-422-263.

YERRANDERIE DISTRICT, 320 ac of total privacy & seclusion with endless wildlife. Surrounded by Blue Mountains Nat Pk. Natural bushland, easily cultivated flats. Would suit any crop, venture, or organic farming. Hut with f/place, bunks, near flowing crk. Ideal bush retreat. Will trade house near Grafton or anything of value. Some vendor finance avail. \$185,000. Ph: owner, 018-667-722, or 066-445-645.

NAMBUCCA VALLEY (Allomereia, mid nth coast), 5 nth facing fertile ac, adj state forest. Fully fenced, very lge dam, loads of new shrubs. Includes lge open plan 3-4 b/r solid colonial style home with 4 sided verandah. Western red cedar used throughout. Phone, elec, 2 x 5000 gal tanks, fenced, a/ground pool. Sealed rd, 10 mins to coast, 10 mins to Macksville, 3 mins to quiet village (gen store, school, p/school). Bargain, \$150,000 ONO. Ph: 065-699-487.

BEGA VALLEY, cheap land, 110 ac bush, perm crk frontage, school bus route, 40 mins to coast, 10 mins to Wyndham. \$39,000. Ph: 051-587-238, mobile 015-260-828.

JERILDERIE NSW, CIRCA 1881, Mechanics Institute hall, stable condition, 4-5m ceilings, 20 x 9 Nissen hut. Large organic gardens. Large block backing onto crk. Tourist income avail. Town pop 1000. Residence conversion approved 2-3 b/r. Includes: combust stove, gas HWS, timber for kitchen and mezzanine, shower base and vanity. Toilet connected. Asking \$36,000. Ph: 03-9359-1866, 014-027-035.

MID NORTH COAST, 119 ac, 37 km to Nambucca Heads. Creek, well timbered, ridges rising to state forests. \$69,000. Ph: 065-688-214.

MANILLA, COMFORTABLE TWO BEDROOM w/b cottage on 65 grazing ac. Power, ph, 12 km from town, sealed rd, school bus at gate. Excellent water, fences, shade trees. \$130,000. Or include 190 ac cultivation, \$215,000 the lot. Ph: 067-861-581.

NORTH-WEST SLOPES: valley and surrounding hills, tree covered crks, with wedgetails soaring overhead. Beautiful farm on 1860 ac would suit grazing, horticulture, apiarists or just the nature lover. Modern 3 b/r house, ph, elec, etc. Whole property fenced, with dams, stockyards, sheds, etc. Yours for \$365,000 ONO. Ph: 067-944-616.

DEADLINES: GR 116 - JUNE 30TH  
GR 117 - AUGUST 30TH

CENTRAL TABLELANDS, 105 ac heavily wooded with stringy bark, red and yellow box to the rear of the block, with a perm spring (1500 lt per day). A comfortable passive solar house, 3 yo, 6 sheds large chook yard, lots of f/trees, berry bushes and grapes. \$76,500. Ph: 063-737-752.

PRETTY GULLY AREA, TABULAM, 100 acres (40 ha) untouched. Sides onto nat pk, backs onto Plumbago Creek, perm water. Genuine sale. \$40,000 ONO. Ph: Kerry, 085-865-808.

ELANDS, MID NORTH COAST, council approved house site, 5 ac, 1 share, good access, perm spring water, elec, beautiful views, \$29,000. Ph: 065-504-448.

ROCKY HALL, FAR SOUTH COAST, 1/2 share 60 ac, in unique Coolangubra Nat Pk, on Towomba River, also perm crk. Large house & nursery, 240 V solar power services avail, no access problems. \$85,000 ONO. Ph: 064-957-009.

TAREE, 3 km to PO; renovated older style home on 18 ac, 10,000 gal r/w/tanks, bore/well to water stock and garden. Everhot s/c range and lge St George range in kitchen, Kent fire in lounge, w/i pantry, built-ins in b/rs, leadlighting in some windows and kitchen cupboards, f/trees, fenced vegie garden, estab lawns and gardens. Bus passes door. Fowl shed, lge car/work shed. \$180,000. Ph: 065-512-392.

NORTHERN NSW, WOODENBONG, 1 1/4 ac, idyllic setting surrounded by state forest. Weatherboard, 4 b/r + sleepout, gas appliances, new stove, curtains, blinds, carpet, est f/trees, nut trees, big vegie garden, 36 x 30 garage. Also cow bail, stables, fowl pen, new rail fencing, divided into 6 paddocks, tank water + bore and windmill. Rates \$272 p/a. School bus at door, 5 mins to school, 1 1/4 hr drive to Gold Coast, 1 1/4 Lismore. Summary: very clean property, nothing to spend, many extras incl, inspection a must. \$119,000 ONO. Ph: 066-351-341.

BURRAGATE, BETWEEN BEGA & EDEN, 15 ac, 1/2 bush, black soil, dam & swamp. Mud brick cottage & garden, power avail, quiet and beautiful, school & mail buses go past. \$58,000. Ph: 064-967-025.

BELLINGEN, well built 3 b/r brick veneer home, cyprus pine timber mtn views, 7 mins walk to shops, 40 mins to Coffs city, sea or mountains, set amongst native trees, private. \$143,000. Ph: 066-552-159.

NIMBIN, 100 RARE ACRES, beautiful subtropical forest, shading peaceful perm crk with 5 lge swimming holes. Five planned potential house sites, some with hilly, Border Ranges views. Copy of plans that were approved by council, with seasoned poles and some building materials. In Nimbin for inspection from 30/4/96 onwards. Contact: Syd, ph: 02-642-6816 to arrange inspection. Photos avail. Must sell. \$130,000.

TWEED VALLEY, 6 shares avail on a community situated between Murwillumbah and Cabarita Beach, in far nth NSW, 10 mins from town or the beach, 20 mins to Coolangatta, 10 shares in all, on 88 ac of forested, sloping land. Spring-fed water supply, surveyed boundaries, some have ocean views. Prices from \$45-85,000. Ph: 066-777-452, or 721-306.

LAND, BQWRAVILLE, (Nambucca), 6 1/2 ac black loam, 2 1/2 km town, bitumen rd, perm water, power, building permit. Suit permaculture! \$57,000 ONO. Ph: 063-551-492.

TILBA, CHARMING NATIONAL TRUST VILLAGE, 4 hrs sth Sydney, where the mtns meet the sea. Active alternative community and beautiful rolling hills and lakes make this a very special place. Two lots of land on the nth slopes of Mt Dromedary, 10 mins out of town, with ocean views. (1) 40 ac, perm crk, 2 dams, fertile basalt soils, partly cleared. Has a real 'sacred' feeling, backing onto the mountain. Power and town water, several good housesites, zoned Rural C - small rural holdings. \$100,000. (2) 9 ac, mostly cleared, wonderful house site. sunny sloping block, rich soils, on school bus route. Power, lovely views. \$62,000 ONO. Ph: 047-592-972 AH.

BEAUTIFUL BURRA VALLEY, 25 mins from Queanbeyan, 40 mins from centre of Canberra. On school bus routes for both cities. Two blocks left in bushland adjoining Tinderry Nature Reserve. Freehold titles within organic neighbourhood title community. Electricity, abund wildlife, massive communal dam, management statement ensures protection of the environment. Each block very private and comes with exclusive use of approx 5 ac of alluvial crk flat. Deep rich black soil, guaranteed organic for over 30 years. Permanent crk. Ideal for sml farming, self-suff, or simply house cow and ponies. One block 5 ac, house site overlooking own tranquil, tree-lined dam & view of hills. Boundary merges with thousands of ac of nature reserve. For real bush lovers. \$95,000. Second block bigger, 16 ac. Also own dam, unapproved mud brick cottage, solar power, Everhot stove, wood heater & running water. Choice of house sites. \$115,000. Ph: Elizabeth, 06-236-3129.

FOR SALE OR SWAP, house at Nambucca Heads NSW for same value in Whitsundays area, house or land. Two b/r house, quiet area, 3 mins walk to beach & river, sml water view, school bus, 5 mins drive to main st Nambucca Heads, some furniture. Lovely sun balcony. Valued \$108,000 ONO. Ph: 065-686-158. PO Box 47, CANNONVALE 4802.

HUNTER VALLEY, sml hamlet between Maitland & Cessnock. Extra lge block ideal for self-suff, estab f/trees & plenty of room for vegie garden. Tidy 2 b/r miner's cottage with lockable utility room, lge sep laundry. All services, natural gas HWS, kitchen has elec & fuel stoves. \$67,500. Write to: PO Box 1229, ORANGE 2800. Ph: 041-928-2015, or 063-658-550.

Please print your ad clearly  
so we can do likewise

# GRASSIFIEDS

## PROPERTY FOR SALE NEW SOUTH WALES

**FAR SOUTH COAST NSW** in hinterland near Eden, 120 ac of natural forest, very secluded area, little private land here. Creek forms west boundary, access from nth & sth boundaries & tiny crk bisecting the block makes it easy to share. Good soil, good r/fall, good neighbours, lots of wildlife. Creek runs into Wog Wog river, described in the *Sydney Morning Herald* as 'The heart of the Coolangubra, one of the 7 wonders of NSW'. \$85,000. Ph: 047-824-856.

**EASTERN DORRIGO**, 1 hr west Coffs Harbour, on the Bo-Bo River. Magic 5 ac, lge dam, beautiful passive solar design home, pole frame, 3 levels, new s/c/stove. This is something special & different & council approved. \$125,000. Ph: 066-517-712.

**NORTHERN NSW**, 2.2 ha, 'Afterlee'. Perfect oppo to own beautiful piece of land, privacy, mature trees. Easement to perm crk with swimming hole. Bitumen rd frontage. Building permit. Power/ph at bndry. Horticultural potential. Deep fertile soil. Kyogle 20 km, Lismore 1 hr, Brisbane 2 1/2 hr. \$42,000 ONO. Ph: Graeme, 066-220-065.

**CHEMICAL-FREE** 102 ac (41 ha), Mudgee/Gulgong. Mud brick split level home overlooking the crk, 100 tree orchard. Reticulated water supply. \$135,000. More than 100 lifestyle properties from \$27,000. O'Brien McGregor First National - GULGONG, 063-741-096; MUDGEES, 063-726-226. AH Tony Riley, 063-741-902.

**CENTRAL WEST** 150 ac undulating hills, between Mudgee & Bathurst, enjoys cool summers, cold winters. Magnificent views from house, stretching over 100 km. Large ranch-style passive solar home, 5-6 b/rs, fully insulated. Slow-combust stove for winter heating of house and hot water; summer solar hot water. Solar/diesel elec. Large dam for garden/septic use, 2 x 5000 gal tanks for house. Well estab garden & orchard with drip irrigation. If you love solitude & snow in winter, then this may be the place for you, just 3 hrs from Sydney on sealed rd. \$149,900. Ph: 063-588-466.

**HEAD FOR THE HILLS**, head for Walcha. Numerous 100 ac bush blocks with or without homes from \$35,000. Productive farmlets from \$70,000 & lots, lots more. Older style home in old mining town open to offers. A B Elder & Co, WALCHA. Ph: 067-772-187.

**NATURAL HOUSE** ON 3 ac part r/forest, 5 mins Gosford, 3 b/r cedar pole home with BIRs, timber kitchen & floors, solar HW, tank & town water, Envirocycle. North facing, views over crk & bush, adjoins nature reserve. Organic paints only, few chemicals used, ideal for CFS/allergy folks. \$270,000. Ph: 02-477-1113, 043-239-108 AH.

**BRAUNSTONE**, acreage with services, sealed rd, 15 mins Grafton, 40 mins Coffs Harbour, 105 ac, ph, single + 3 phase power, crk with sand flats, abund wildlife, 5 ac cleared remainder timbered, building approval. \$66,666 ONO. Ph: Stuart, 065-696-240, or message at 065-696-250.

## PLACING AN AD? See page 68 for details

**NIMMITABEL**, 200 ac, trees, on MacLaughlin River. Some clearings, timber cottage, septic, ph, sml solar power, steel-frame 2 storey shed, 12,000 lt tank. Good fishing, wildlife, bird sanctuary, peace & privacy. \$95,000. Ph: 064-546-235.

**CENTRAL WEST** 3 b/r dwelling on 1 1/2 ac, estab fruit & native trees, fully equipped bore, ph, elec. \$27,500. Ph: 063-738-218.

**SOUTH COAST RANGE**, 200 ac old growth forest, tussock grassland, views of Brown Mtn, Bull Mtn, Snowy Mtns. Borders state forest & Bombala River. Two perm crks, numerous springs amongst granite boulders, 40" r/fall. Fenced on 2 sides, right of way access via Thoko Station. Nimmitabel 20 km, school bus route, 1 hr coast/snowfields. Reluctant sale \$90,000. Ph: 003-815-454, or write: EFP, Box 50, OATLANDS, Tas 7120.

## QUEENSLAND

**MACKAY - QLD**, 152 ac, enjoy peace & quiet, end rd and valley. Two spring-fed crks start in r/forest giving gravity feed, chemical-free perm water, capable of taking water to 80% of property, ideal for cabins. About 50% vine scrub & 50% unspoilt r/forest comprising 90% bangalow palms, r/forest timber, stag horns and orchids etc. Wildlife - you can imagine! Only about 5 ac cleared (though overgrown over last 7 years), also 7 mango trees. Power guarantee \$1000 per year. Only 25 mins to beach, boat ramp, PO and primary school. \$192,000. Ph: 065-821-941.

**DRY SCLEROPHYLL FOREST**, 143 ac, mountain stream, cabin with sleeping loft. \$110,000. 'Kilderry Groveswood', MS 897 RAVENSBORNE 4352.

**GIN GIN**, Qld, 256 ac, 3 deeds, undulating, mostly scrub, 2 dams, crk, well, cottage, elec, bitumen rd, school bus. Town/hospital 10 mins. \$200,000. Ph: 071-576-271.

**GOOMBURRA, PEACEFUL VALLEY**, 30 ac. Home, solar power, ph, elec avail, school bus. Warwick 45 mins, Toowoomba 1 hr, Allora 30 mins. \$75,000 ONO. Ph: 076-666-238, or 076-663-507.

**ALEXANDRA HEADLANDS**, 100 km nth of Brisbane, on the Sunshine Coast. Relocatable home in a 5 star caravan park, 2 b/r BIR, kitchen with gas cooktop, microwave oven, lge front porch, lge dining room & lounge room, separate toilet bathroom & laundry. Garden shed, c/port, lge greenhouse, 5 mins walk to surf, lawn bowls, shops. Ideal for people to retire. Price \$67,000. ALEXANDRA HEADLANDS. Ph: 074-793-975 AH, reverse charges.

**WALK IN - WALK OUT**, renovated Qld'er on beautiful, safe, secluded, acreage, backing onto state forest. Solar power, stables, machinery too numerous to mention. Five mins Wivenhoe Dam, 20 mins Fernvale, 1 1/4 hr easy drive Brisbane. For full list & details ph: 074-267-647.

**RUSSELL ISLAND**, 0.056 ha house block, urban facilities avail, building application approved. Very good valuation \$6200 - reduced \$4500. Ph: 066-333-169 after 8 pm.

**SPRINGBROOK MOUNTAIN**, unspoilt land, lge building block incl c/van. \$36,000. Gold coast r/forest area 20 mins. Ph: 042-271-273.

**RUSSELL ISLAND**, 2 good quality house blocks \$25,000, \$10,000 ONO. Paddle to Stradbroke Island - peaceful & beautiful. Ph: 075-534-7383.

**KINGAROY/NANANGO**, 20 km to either, 2.16 ha (5.5 ac), view to Bunya Mtns. Selectively cleared. Power connected, ph, school bus, bitumen frontage. Large 9.2 x 6.1 x 2.7m new Colorbond shed, 3m full length awning, concreted, 5000 gal concrete tank, underground water. Extras. \$55,000. Ph: 079-342-607 for details, photos.

**TWO BEDROOM HIGHSET**, fibro house, GC, 5' steel stumps, septic, ph, power. Tank 5000 gal, fenced, 1/4 ac block. Sun Coast or Brisbane 125 km. \$58,000 ONO. Write: 30 Constable St, MOORE Qld 4306. Ph: 074-247-192.

**BEAUTIFUL VIEWS**, 5 ac, bore, good soil, trees, 20 mins Warwick, 35 mins Toowoomba. \$30,000. Ph: 074-421-835.

**TWO BEDROOM STEEL** framed house, 3 yr old, suit couple, on 1/4 ac, ph, power, septic, 4000 gal tank, fully fenced. Near Kilcoy, 1 1/2 hr Brisbane or Sun Coast. \$55,000 ONO. Ph: 074-247-255. PO Box 128 KILCOY 4515.

**BEAUTIFUL TWO STOREY CHALET**, 4 b/r, 20 sq+ c/port and verandahs, 72 bush acres. Childers 5 mins, beach 15 minutes, Bundaberg/Maryborough 30 mins. Value \$155,000. Consider exchange any property. Ph: 071-268-130.

**SUNSHINE COAST HINTERLAND**, Eudlo, magnif 70 yr old solid log home. Ex-guest house, 5 b/r with a loft, sep dining, lounge, kitchen & office. Six ac with a spring-fed crk for the horses and only 20 mins to major beaches, uni, etc, etc, less than 1 hr from Brisbane. Offers over \$185,000. For more info please ph: 074-459-351.

**BEAUTIFUL BLACKBUTT**, SE Qld, 2 hrs from Brisbane. Ideal 8 ac block, fenced, power, u/ground water, \$26,500. Ph: 074-985-405.

**PROPERTY SETTLEMENT FORCES SALE** beautiful 540 ac, Burnett River frontage, 80 mgl water allocation, extra irrigation licence, presently lucerne/grazing, suitable alternative pursuits. Approximately 180 ac contoured/pastured, 8 fenced paddocks, + 50 ac irrigated, abund of standing timber & stone. Near Goodnight Nat Pk, 1/2 hr Mt Penny, 1 1/2 hr Bundaberg & all amenities. Large hay/machinery sheds, 4 b/r home overlooking river, swans & birdlife abund, garage, ph, power, twice weekly mail, 25 km to school bus, suit home-schooling. Some machinery avail. \$320,000 ONO. Ph: Nick, 071-534-488, F S Real Estate.

**ROCKHAMPTON AREA**, 18 ac, newly fenced, sheds, town water, power, very quiet. \$30,000. Ph: 079-382-215.

**To avoid disappointment ensure  
your ad meets our deadline**

# GRASSIFIEDS

## PROPERTY FOR SALE QUEENSLAND

ACREAGE OUTSKIRTS BRISBANE, work in town & live in country. Two yr old Qld'er style home. Lots of character, 3 1/4 ac, timber floors, Solarhart, tank water, dam, fully fenced, easy care gardens, combust stove, high ceilings, wide verandahs, good neighbours, beautiful property. \$185,000. Ph: 07-5543-1861.

NANANGO, KINGAROY 25 km, Brisbane 200 km. Hill top 2 b/r cement block home. Great views. Power connected, ph avail. Five mostly cleared gently sloping ac with dam. Fenced into 2 paddocks. Ph: 015-769-145 anytime for more details. Price \$68,000 ONO. Will consider swap in NSW or Vic.

MODERN SPACIOUS 3 b/r home, 1 ac, power, ph, gas stove & HW, also s/c/stove. Large insulated Colorbond shed. Primary & high school buses. Rockhampton 20 mins. \$79,500. Ph: 079-347-405.

BENARKIN, DUAL COUNTRY LIVING, new 2 x 2 b/r houses. Both self-cont, on 6 prestige ac, 2 c/ports, 2 garden sheds, 2 x 5000 gal tanks, ride-on mower. Clean mtn air, all work done for you. \$160,000 ONO. Ph: 071-630-725.

GLENWOOD, THIRTY MINUTES GYMPIE/Tin Can Bay, 3 ac, cleared, elevated house site overlooking state forest & crk. All-weather driveway, septic tank, 6 x 3 m shed, ph connection. On school bus/mail route. Excellent dam site, clean soil, suitable permaculture. Bargain for urgent sale, \$24,000. Some vendor finance possible. Ph: 08-384-4692.

RETREAT, SECLUDED, 130 acres, 2 year old cottage, solar powered, gas stove, fridge, f/trees, 6000 gal tank, 2 dams, well, 2 seasonal crks, fully fenced. One km to nat pk, 12 km Biggenden, 75 km Maryborough, 3 hrs Brisbane. \$85,000. Ph: 071-222-554.

KILLARNEY, HIGH COUNTRY 180 acres r/forest, 360° views over Condamine headwaters and Warwick area. Koala population, rich soil, ph connected. Very private untouched wilderness, 16 km nearest town. \$30,000 hoop pine standing seen to be believed. \$95,000. Ph: Jackie, 076-323-203, 644-274.

KINGAROY AREA, 40 ac, 3 b/r with built-ins, open plan living, s/c/stove with HWS, \$20,000 solar set up, 10,000 gal r/water, 3 dams, high fence, vineyard setting up. Bitumen rd frontage at front door. Implements: tractor, back hoe, post-hole digger, harrows, back blade, jib, bucket, stick rake, pumps, shed, barn, chook pen. Plenty of straight timber, abundance wildlife. South Qld. \$140,000. Ph: 071-641-275.

KOORONGARRA - 26 km sth of Millmerran on Darling Downs, 80 ac. Good views, fully fenced, 2 paddocks, good soil. Large machinery shed, underground water, dam, ph connected, power avail. \$67,000. Ph: 060-351-244.

## VICTORIA

EAST GIPPSLAND, VICTORIA, Goongerah (70 km nth Orbst), 36 ac, timbered. Cabin on tank water, studio, goat fencing and shelters, f/trees, crk. School 10 mins walk, Brodribb River 5 mins walk. \$50,000. Ph 056-681-638.

DEADLINES: GR 116 - JUNE 30TH  
GR 117 - AUGUST 30TH

LOCH, TEN ACRES, fenced, cleared, building permit, own crk, house sites, also apple & plum trees growing. Opposite football grounds. \$60,000. Ph: 070-625-402.

FOUR HUNDRED ACRES of natural bush with 2 km frontage to the Gellibrand River. Lovely vistas across valley. Could be subdivided, 190 km from Melbourne. Approved for conservation covenant. \$135,000. Ph: 052-433-740.

STOP PRESS, HEAVEN DOES EXIST, in the Tarra Valley. Situated on fringe of Bulga & Tarra Valley Nat Pks, Sth Gippsland, this superb 35.6 ha (88 ac) property comprises improved pastures & amazing natural r/forest areas with abundant native flora & fauna. Permanent crk & Tarra River frontage supplies all water needs & is pumped from the crk by environmentally friendly hydraulic ram pump operating purely by water pressure. Property has SEC but would convert to hydroelectricity. Discover the delightful 'covered bridge' downstream! A1 improvements: cedar & wooden shingle homestead, 60' x 27' fully enclosed shed & A-frame bluestone barn with mezzanine. Large & varied orchard. This unique property is ideally suited to an organic/self-suff lifestyle and b&b venture. \$298,000. Ph: S R Curry Real Estate, YARRAM, 051-826-188.

SWAN MARSH - NEAR COLAC, 2 b/r cosy cottage on 1/2 ac in quiet country settlement. Hundreds of native trees ensure total privacy. Renovated t/out, Centennial Hot Drum space and water heating, gas stove, sauna, own water source. Fruit trees, vegie garden, reliable r/fall. \$48,000. Ph: 052-351-403.

MIRBOO NORTH, secluded 1/2 ac, fully serviced, nth aspect, f/trees, bush surround, walk to town. \$24,000. Ph: 03-9877-0066.

VICTORIA - HAMILTON AREA, cottage with views, set on hill in a pretty valley. Two b/r, lge lounge & living area, bathroom, kitchen. All elec + original wood stove, o/fire place, ph. New water tank & elec pump, 3.5 ha, perm crk. Close to smt town, school etc. \$35,000 ONO. Ph: 02-555-2038 AH.

WONYIP - STH GIPPSLAND, situated between Welshpool & Yarram off the Midland Hwy is this superb 18.08 ha (45 ac) property with an attractive 3 b/r b/v home. Outstanding 360° views take in spectacular corner inlet & Wilsons Promontory. Down the valley is a perm crk & your own waterfall. Also, 50 x 20' & 40 x 20' fully enclosed sheds & cabin. If you're looking for peace & tranquillity this could be your retreat! \$115,000. S R Curry Real Estate, YARRAM. Ph: 051-826-188.

GIPPSLAND, YINNAR FARMLET. Close to primary school & easy access to main towns, 5 ac with town & tank water. Land suitable for hobby or smt business enterprise. Ample shedding. Neat, solid brick 3 b/r home with en suite. Flooring quarry tiles. Established garden & orchard. \$116,000. For enq & inspection please ring 051-748-4336.

NORTH-EAST VICTORIA, 1/2 ac block, can be subdivided. Rural outlook, country town, SEC, Telstra, town water, all avail. Close to school & shops. \$25,000 ONO. Ph: 057-981-411, ask for Brian.

GIPPSLAND, ONE HUNDRED ACRES, Land for Wildlife property, 60 acres pastured, 40 acres bush, 20 km major Latrobe Valley city. Very secluded, 1 mile Merriman Crk frontage, 2.5 acre dam, 5 yabbie dams. Three bedroom fibro house, solar wind power, back-up generator, gas fridge, slow combustion stove and heater, large fully enclosed shed, large machinery shed, 3 horse shelters, 2 large windmills. A nature lover's paradise, koalas, platypus, gliders, possums, kangaroos, wallabies, etc abound. 105 species of birds identified, ferns, wildflowers, orchids, etc. Has to be seen to be appreciated. \$180,000. Ph: 051-977-281.

EAST GIPPSLAND, SWIFTS CREEK, 190 ha, mainly bush, crk frontage, 3 b/r mud brick house, wonderful views, abund wildlife, state forest border. \$115,000 ONO. Ph: 03-9347-0153, or 019-183-677, John.

WOODVALE, 10 km nth of Bendigo, mud brick cottage on 20 ac (8 ha), treed, adjoins Whipstick Forest on 2 bndrys. Solid dry-rammed mud brick with internal timber portal truss frame, 9 sq in cl loft. Completed to lock-up stage, slate flooring, corrugated iron roof, stone f/place. \$45,000. Ph: 03-9576-2548.

EAST GIPPSLAND, mtns, 7 ac, perm crk, mud brick house, solar elec, s/c/stove & heater. Price neg. Ph: 051-575-732.

BEAUTIFUL TEN ACRES, situated in the fertile Barham Valley of Apollo Bay. Mixture of native r/forest & cleared paddock. Features a perm spring-fed crk, waterfalls, tree fern gullies, native fauna, tree-lined driveway, orchard, cleared house & shed sites. A versatile property which has proven suitable for micro-hydro, wind or solar elec. Situated 8 km from the fabulous beaches of Apollo Bay, opposite the magnif Barham River. A haven of peace and tranquillity, 2 1/2 hrs drive from Melbourne. \$110,000. Ph: 059-776-659.

GIPPSLAND CENTRAL, 32 ac, quiet area with easy access to major centre, university. Peaceful productive and picturesque with good fencing and yards. Overlooks river, has perm creek, spring-fed dam, blackwoods, tree ferns and great rural views. \$77,000. Ph: 051-696-590.

W TREE NEAR BUCHAN, East Gippsland, near Ontos health retreat. Mud brick & cedar 3 b/r house, SEC & 2 lge concrete water tanks, 115 ac. Astounding views of mtns. Large workshop, triple garage. Cedar cabin, self-cont, in excel condition. Established orchards. Open fire & near new Rayburn wood stove. \$135,000. Call Vince on: 051-580-815.

ARARAT TOWNSHIP, 3 b/r, basically sound, (c 1950), requires painting/decorating. Best offer \$25,000+. Write: C/- 24 Lawrence St, BEAUFORT 3373.

Make Your Editor Smile -  
Punctuatel

# GRASSIFIEDS

## PROPERTY FOR SALE VICTORIA

**ABSOLUTE PRIVACY**, NE Vic, 56 ac pre-dominantly bush, usable fenced clearings, great microclimates. State forest 3 sides, no through rd, abund gravity-feed clean water to entire property, clean soil. Livable shack/studio, workshop, nth house site foundations. Shed site, wildlife galore, a grower's paradise, 45 mins Albury/Wodonga, 75 mins snowfields. \$127,000. Ph: 057-534-577, or 057-652-397.

**GIPPSLAND**, 320 acres, 1½ miles crk, approx ½ improved pasture, remainder timber, r/forest, fern gullies. Native flora, fauna. Water gravitated to house, paddocks. Three b/r house renovated. Close school bus. Suitable cattle, flowers, self-suff, tourism, etc, 30-40 mins to 90 Mile Beach and major towns. All-weather 2WD rds. \$400,000. Ph: 051-966-131, preferably evenings.

**STRATHBOGIE RANGES**, 90 mins from Melbourne, 64 ac, perm quality water, 800 mm annual r/fall, picturesque, abund wildlife, well fenced with lge shed. Deep, friable chemical-free soils, NE aspect, telecom on site, elec nearby. Plans for solar efficient house avail. \$72,000. Adjoining 68 ac with adobe residence POA. Ph: owner: 057-904-307 AH. 058-232-099 BH.

## TASMANIA

**EAGLEHAWK NECK AREA**, lovely bush block of 60 ac, on historic Tasman Peninsula. Close to fine beaches, bush walks and deep sea fishing. Port Arthur a short drive away. Land can be subdivided. Has lge cleared area, rest is timbered. Has 490 yds main rd frontage, overlooking the water. Includes lge dam. \$129,500 ONO. Please contact owner: 002-437-763.

**COUNTRY COTTAGE** in Meander Valley, 15 mins to all services in Deloraine. Three b/r w/b character home on over 1 ac. Privacy, truly spectacular views, school bus, pure gravity-fed water. \$63,000. Ph: 08-296-5228.

**HUON VALLEY**, 3 b/r timber home, 22 ac, partly forested, 3 paddocks, 3 dams, garden, sml orchard. Sloping site with fabulous views to nth, east & west. Owner has retired to Qld. \$105,000. Ph: 07-3871-2830.

**EAST COAST, PIONEER COTTAGE** in peaceful secluded rural area on 32 ac with perm river only metres from cottage. Pristine drinking water and great swimming holes. Four ac cleared suit market garden, crops etc, rest bush, plenty firewood. Cottage needs work, 2 b/r fully restored. Possum-proof orchard and vegie garden, lge shed/workshop, chook shed etc. \$85,000. Ph/fax: 002-578-258.

**BEAUTIFUL TASMAN PENINSULA**, sunny Koonya retreat. Attractive north facing home, 3 large bed rooms, sun decks, open fireplace, wood heater, good kitchen, pantry, 1½ acre very productive, large vegie garden, fruit trees, berry fruits, beautiful estab garden. Quiet and secluded, yet accessible, 3 mins to beautiful beach. \$89,000 ONO. Ph: 002-503-413 evenings.

## PLACING AN AD? See page 68 for details

**HERRICK, NORTH-EAST TASMANIA**, peaceful positioned, charming 2 b/r home, tastefully refurbished on 2500m² block bordering onto crown land. Town water, power & elec. \$45,000. Ph: 003-542-588.

**EAST COAST, CORNWALL**, 6 km from St Marys, 3 b/r w/b home on lge block, freshly painted. Two wood heaters, sewing room, lge modern kitchen, W/larder, gas stove & HWS, dbl garage, w/shop, lge undercover area, bird aviaries, lots of f/trees, magnif views. School bus past door to primary & high school, 20 mins to beach, 1¼ hr to Launceston. \$39,000. Ph: owner, 003-722-643.

## SOUTH AUSTRALIA

**BURRA AREA**, affordable share/s avail in 2 unique stone dwellings on 2 ac, church & church hall. Caretaker in residence in one, other avail for weekend or investment. Ph: 08-341-8712.

**PINNAROO**, main Adelaide - Ouyen Rd, ¾ ac, level corner plot, fenced, town water, septic. \$3000. Ph: 08-264-9311.

**YONGALA, MID-NORTH SA**, 120 yr old stone home on 1.5 ac, 8 rooms + retail shop front, and workshop, ideal for hobby outlet. Two cellars + free-standing stone out-building. Numerous f/trees, approx 200 native trees, all under straw. Garden layed out for permaculture. School bus to door. \$49,500. Contact Nick or Chris: 086-641-599, or 086-641-717 AH.

**RIVERLAND**—110 ac near Waikerie. Unique & very peaceful property close to best beach on the Murray & surrounded by bush. Beautiful earth & stone loft dwelling + foundations & footing walls for 2 storey earth home. Established house orchard, vineyard & garden, water, fenced, sheds, bitumen rd, school bus, seasonal work avail. 'First Light' has been very loved but now must leave. \$75,000. Ph: 085-413-259.

## WESTERN AUSTRALIA

**PERENJORI** 350 km NE Perth. Well treed 3 ac, good fences, 10 mins walk to shops/school, 20 x 12' shed, 100 m asbesto fence, septic system. Fowl pen, goat shed & yard. \$9500 ONO. Ph: 099-531-105.

## COMMUNITIES

**GYMPIE** share 50 ac, Steiner Community. Orchard, several dams, well, crk, forest, wildlife. Sheltered converted bus, c/port, r/w/tank, bathhouse. Suit persons wanting secluded lifestyle. \$15,000. Ph: Sarah, 066-725-834, or 066-726-118.

**FAR NORTH COAST**, 1/13 share in 800 ac legal MO, bordering Bundjalung Nat Pk. Beautiful 2 b/r all timber house on 10 ac, private use. Magical forest setting. Abundant roos, wildlife, water, f/trees, lge work shed. \$98,000 ONO. Ph: 066-822-748 for details & photos.

**FAR NORTH COAST**, 35 km NW Lismore. Beautiful spacious easy maintenance home. Wide verandahs. Elevated position. Extensive views. Underhouse garage and workshop, 4 ac organic gardens, f/trees. Complete privacy, power, ph, cabin, undercover c/van. Secure strata development. School buses, store. \$159,000 ONO. Ph: 066-337-033.

**LILLIFIELD COMMUNITY**, 330 ac, beautifully forested land in hills between Lismore and Murwillumbah, 20 mins from Nimbin & 1 hr from coast. Council approved MO, 5 ac share for sale, c/van, shed, partially landscaped, dam water. \$23,000. No cats/dogs. Ph: 02-301-767.

**SEEKING INSPIRED WOMYN** to co-create Goddess School of creativity, passion and unfolding visions—a lifestyle reaching the stars, embracing ritual, earth rhythms, following our bliss, exploring the shadow; using music, dance, drumming, meditation & much more. Growing gardens and goddesses with love and commitment. Assistance sought in the emerging structure & search for our piece of earth. Ishta, C/- Post Office, BYRON BAY, NSW 2481.

**ULLADULLA AREA**, Christian Multiple Occupancy, 1/6 share of 100 ac. Home management site approx 5 ac, cleared with 6 x 9m shed, dam, level house site with magnif forest views, sml orchard. Adjoining state forests, 20 mins to beaches. Phone avail, reasonable land rates. \$45,000 ONO. Ph: 048-877-243.

**BURRA VALLEY**, close to Canberra & Queanbeyan. Small organic bushland community next to nature reserve, but with crk flats for farming. See NSW adverts for more details. Ph: Elizabeth, 06-236-3129.

**LISMORE, NIMBIN** 30 mins, beautiful 5 yo timber house, 360° verandahs, starlight loft on 2 ac with perm spring-fed dam & stunning mtn views. Secure strata title. \$100,000. Ph: 066-337-040 evenings.

**BLACKHORSE CREEK**, Kyogle, council approved MO, house, 10 acre share, solar power/HW, perm spring. \$55,000. Ph: 066-333-246.

**MILLAA MILLAA**: share in r/forest community, 2 b/r steel frame cabin near Melodic Crk. \$40,000. For further details: Les, PO Box 81, MILLAA MILLAA 4886.

**NIMBIN**, 1/10 share 52 ha, council approved MO, adjoining Nightcap Nat Pk. Beautiful r/forest environment, 2 b/r house & studio on 2 ha, woodstove, solar power/HW, ph, perm water, estab f/trees, 4WD access. \$79,000. Ph: Steve, 066-886-142.

## BUSINESSES FOR SALE

**COFFEE SHOP/PIZZERIA**, Derby north east Tasmania. Modern well equipped shop offering Dutch style delicacies and cottage crafts. Excellent reputation, good local and tourist trade, 5 days/week. \$25,000 WIWO. Ph: 003-542-555 BH, 003-542-381 AH.

Please print your ad clearly  
so we can do likewise

# GRASSIFIEDS

## BUSINESSES FOR SALE

**REDGUM TABLE MANUFACTURING & sales, herb & craft sales, in lge stone home on 1 ac in friendly town, mid-nth of SA on main tourist route to Flinders Ranges. Faces scenic park and crk. Eleven rooms, laundry, bathroom, 2 toilets, 4 f/places, s/c lounge heater, kitchen incl Aga stove, huge pantry. Near-new septic system & roof. Extensive good quality sheds, bbq, pergola, shadehouse, lge vegie garden on sprinklers, many f/trees, chook run. Equipment incl truck, tractor, lge woodworking machinery. Free training avail. Scope for expansion. Good oppor for couple with children. \$145,000 + SAV ONO. Ph/ fax: 086-684-018.**

**A NEW LIFESTYLE:** estab licensed restaurant-cafe, with accom, in centre of country town on Bruce Hwy near Bundaberg. Attached to motel & servicing others. Excellent local & tourist patronage. Superb lease/rental package. Suit couple eligible for licensee status. \$63,000 WIWO. Further info, leave message on: 071-576-531.

**COFFEE SHOP/CAFE/RESTAURANT,** quaint country town, mid-north coast NSW, 20 mins clean beaches, foothills Nambucca Valley, great lifestyle. Excellent first business, loads more potential for enterprising folk - tourism, catering, functions. Modern kitchen, recently renovated, picture windows, healthy books, regular customers, easy to manage. Freehold also for sale incl 1 b/r flat. BOWRAVILLE. \$32,000 WIWO. Ph: 065-647-899.

**A STYLISHLY FITTED SHOP,** selling fashion accessories, leather goods, ethnic clothes. Operating 2 1/2 years, established clientele. \$12,000 WIWO. STANTHORPE Q. Ph: 076-813-133 BH.

## PROPERTY WANTED

**PLEASE HELP.** Couple (self-employed), 8 yr old girl, 2 dogs, want to join active, friendly community/spiritual environment - coastal NSW. Prefer land or house, power/ph, close large town. Pay up to \$80,000. Urgent. Janice or Archie: 02-651-3861.

**HOUSE AND ACREAGE,** condition unimportant, Deloraine to Devonport. Willing to trade 2 residential blocks as part payment. Ph: 004-270-721.

## FOR RENT

**LARGE CARAVAN,** Hunter Valley bush block, for vegetarian, n/s person(s), exchange assistance, share house. Visitors/helpers welcome. Ph: 049-382-036.

**RETREAT: HOLIDAY HOUSE,** sth west WA. Christmas holidays. More info? Ph: 09-535-7595.

**HOME FOR RENT,** sth coast NSW, in the isolated Belowra Valley on the Tuross River, 1 hr to Bodalla, 2 hrs Cooma. Three b/r, furnished or unfurnished, alternative power, ph, 360° mtn views. Paddock or agistment avail. Long or short lease. Idyllic location. \$120 per week, neg. Ph: 044-779-312.

**DEADLINES: GR 116 - JUNE 30TH  
GR 117 - AUGUST 30TH**

**FOR RENT,** 2 b/r A-frame house, on about 5 ha on secluded beach, access only by boat, 35 mins tinny ride from Townsville across Cleveland Bay. Solar & gas powered, abund water, mountainous nat pk behind, approx 50 mature mango trees, suit mature couple who enjoy fishing, boating & outdoor activities, with own boat. Ph: 077-727-688 BH, 077-214-887 AH.

**PLEASANT self-cont 1 b/r,** all amenities, ph, garden, near village, 20 mins Murwillumbah, car necessary. Three months or perm, nondrug, senior m/c only. Low rent. Write fully: 'Cottage', PO Box 1205, MURWILLUMBAH 2484.

**SMALL HOUSE** on 25 ac, isolated & steep, in Tapu NZ. Previous tenants abused it. Other options now considered with honest, intelligent & spiritually sensitive & active person for long-term arrangement. Ph: Susan, 071-516-934.

**COUNTRY RETREAT FOR RENTAL,** pine cabin, 2 b/r on 6 ha of bushland. Kingower 50 km west of Bendigo, 12 km to supermarket, schools, hospital. Contact: 03-9397-5952.

## WANTED TO RENT/CARETAKE

**WOMAN, YOUNG 45,** taking time off to travel by car around coastal NSW during August/Sept '96 to look at options for possible lifestyle (presently reside Melbourne). Looking for basic self-cont or share accom for approx 2-3 months. Likes solitude, current affairs, studying, gardens & a reasonable amount of order. Please write: GB (GR 115), C/- PO Box 242, EUROA 3666.

**OVERSEAS COUPLE** searches long-term rental. Hello! We used to live in the French Alps. My husband was a shepherd and now spends his time sculpting. I'm a Canadian, attending uni and love gardening. We are desperately searching for a quiet, secluded, private cottage/cabin (with elec) & surrounding bush for the next 2-3 years. Maximum drive to Lismore NSW 40 mins. No communities. Good references. Please reply if you have any opportunities or ideas. (We are tired of moving every couple of months!) Reply: N Kabot, Cnr of Lillian Rock & Robb Rd, LILLIAN ROCK, NSW 2480. Ph: 066-897-569, PM only.

**LEASE/RENT/CARETAKE CHEAPLY,** long term: vacant land, minimum 50 ac, western Vic/NSW. Water supply only requirement, for responsible person. Ph: Annie, 059-688-561.

**PROPERTY WANTED,** deserted, blackberry covered, possum infested dwelling, long term. Single 36 yo, no kids, farm experience, caretaking possibilities. Prefer Vic, Sth NSW, SA. No Hurry (GR 115), C/- PO Box 242, EUROA 3666.

**To avoid disappointment ensure  
your ad meets our deadline**

## WANTED

**MINERALS/FOSSILS,** semiprecious stone for lapidary work. Decorative minerals & fossils for collection. Any attractive Australian material considered. Examples incl quartz, amethyst, agate, chrysoprase, etc. Peter Hunt, Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677. Fax: 03-9481-1393.

**SILKWORMS/cocoons/eggs** for aged hostel project. B Dennis, PO Box 166, CHARTERS TOWERS 4820.

**RETIRED WOMAN** wants partner for gold detecting trips. Friendship only. Based Hunter Valley but intend to travel interstate. Cas (GR 115), C/- PO Box 242, EUROA 3666.

**WE NEED HELP** on sml organic property in return for board. Would prefer Sabbath-keeper interested in vegan diet. Write: P Gray, Box 212, SHEFFIELD, Tas 7306. Ph: 004-912-408.

**GARDENER/HANDYPERSON** for land and waterfront cottages 1/2 hr from Sydney. Family or share accom. Full-time/part-time/rent for work. PK (GR 115), C/- PO Box 242, EUROA 3666.

**FOUR PARTNERS WANTED** to buy share in 10 ac orchard at Caboolture, 4 km from city train. Dam, Qld'er, refurbished shed, nearly completed cob earth house (see article GR 109). Share: going cost of local 2 ac block. Dream: Build more cob houses & convention centre, wholesale nursery, courses, develop 'Findhorn' /permaculture atmosphere, have fun. Ph: Mal 07-3870-3872 wk, 074-954-203.

**AMERICAN EXCHANGE STUDENT** wishes to visit your farms in New Zealand & Australia. I would love to see your farm and lend a hand for a few days. Have experience in organic market growing. Interested in wool too. I will be travelling July & Aug. Kirsten Reese, 143 Coode St, COMO WA 6152.

**NATIVE PLANT MATERIALS.** Wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Large quantities preferred. Good prices plus freight paid. Contact: Peter Hunt, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677.

## HANDCRAFTS

**CRAFT WORKSHOP VIDEOS:** Learn at home at your own pace from your personal, highly qualified instructor. VHS titles incl spinning, weaving, beadwork, basketry, applique, tatting, knitting, crochet, lace making, felting, fabric painting & more. For full catalogue send long SAE to: Quick Spin Wool, Dept GR, RMB 1215, Shelford Rd, MEREDITH 3333. Ph/fax: 052-868-224.

**FREE: CRAFT AND GIFT CATALOGUE.** Send SAE to: 'Kathy's', 46 Wollongough St, UNGARIE NSW 2669.

**COLOURED FLEECES.** Fine to medium handspinning quality, strong for felting/weaving. Natural, washed and carded, spun lots to order. Ph: Melissa, 053-689-390, Carmen, 053-689-580.

# GRASSIFIEDS

## HANDCRAFTS

HAVING DIFFICULTIES OBTAINING small gauge brass screws, hinges, catches, & associated brass fittings? We have an extensive range of 0g, 1g, 2g, 3g etc from 1/4" long to 1". Also various woodworking tools, glues & abrasives. Backed up by a sharpening service. Send \$3 for catalogue (refundable off first order). East Gippsland Saw Service, PO Box 1168, BAIRNSDALE 3875. Ph: 051-521-001. Fax: 051-521-001.

THREAD BUNDLES, stranded cotton in bundles of 100 x 8 m skeins in 50 assorted colours. Shades matched to DMC - \$29 post free. The big bundle of 240 colours - \$70 post free. 24 (12pr) wooden lace bobbins, torchon style popular design, excellent for beginners \$33 post free. Price list avail. B/card, M/C, Visa, M/O, Chqs. Arty & Crafty, PO Box 40, DAW PARK 5041. Ph: 08-277-3763 AH.

AAAAA/FRAGRANT CRAFT SUPPLIES direct from source - potpourris (botanical & gemstone), fragrances (inc similar to Chanel, Opium, etc), botanicals (roses, lavender, orris, etc), books, fragrant gifts, etc. We supply from beginner to chain store with great quality products at prices as low as \$14.40/kg (potpourri), \$26.40/kg (fragrances). Write for free mail order catalogue or visit our extensive, centrally located showroom/factory outlet ... Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-9482-2677, fax: 03-9481-1393.

AROMATHERAPY REQUIREMENTS, fragrances & raw materials - for all aromatherapy & fragrant craft work. We are the manufacturers & suppliers of raw materials for making massage oils, soaps, cosmetics & household products. Our extensive range includes: 100% pure & natural essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, pottery & containers. Buy from us direct, small or bulk sizes & save with our low prices. Write for FREE mail order catalogue to: Aurore, 39 Melverton Drive, HALLAM 3803. Ph: 03-9796-4833, fax: 03-9796-4966. Or visit our shop at 86 Burwood Rd, HAWTHORN 3122, ph: 03-9818-2673.

BEADS! BEADS! BEADS: Unique selections of handmade glass, metal & wooden beads. Also findings, threads, & kits avail. Cost \$8 for samples, colour copy & info. Write to: TSUNAMI, PO Box 29, MARGARET RIVER 6285.

CRAFT SUPPLIES, why pay retail when you can buy wholesale! Large range to suit many crafts incl beading, folk art, floral art, doll & bear making, etc, + general craft lines (everything from adhesives to bells to pompoms to tassels to halpots to Dream Catcher parts). Send 22 x 11cm SAE to: E & J Owen, 2/4 Commerce Lane, TAREE, NSW 2430, for free price list.

## FOOD AND KITCHEN

BEE POLLEN, NO ADDITIVES, 450g sample pack \$9, 1.9kg pack \$32.50, 4.7kg pack \$65, 14kg drum \$175. Prices incl p&p. JM Read, 8 River St, MURRAY BRIDGE 5253.

### PLACING AN AD? See page 68 for details

HOME STONE FLOUR MILLS - mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enqs welcome.

RECIPE COLLECTION, book & info covering soya products & tofu. Send \$5 to: JS Brown, 12 Coast St, THIRROUL, NSW 2515.

NARA ELECTRIC food dehydrator. Worth \$300. Hardly used. Make an offer. C K, 7 Woodbury St, MARRICKVILLE 2204.

## MISCELLANEOUS

TORCHES, NEW OUTDOOR TYPE. Dazzling 30 watt brilliance. Ten times the power of ordinary torches. Rechargeable with common 12V charger. \$110 ea. Ph: 079-467-118.

TIPIS, 10'-22', from \$460. Colonial tents, tarps, awnings, annexes, canopies, tonneau covers, swag rolls. Leather, deerskin, suede clothing, any size, any design, yours or ours. Western & Indian style fringed gear a specialty. Wholesale prices. Bojo Products, BENALLA. Ph: 057-622-145. Tipi hire avail.

CHIP HEATERS. No elec needed for instant hot water, operates from town or tank water supply. Enq: Ray Williams, 5 Bonnie Springs Rd, JINDERA 2642. Ph: 060-263-621.

STOP DRINKING POLLUTED ROOF RUN-OFF! PFR valves are the proven EFFECTIVE way to keep harmful roof-sourced pollutants (paint flake, agrispray, faeces, etc) OUT of your family's water supply. GUARANTEED! Drink PURE WATER, not filtered pollution! Easyfit! Install - Relax! No ongoing costs! From \$36. FREE information: PFR, Box 65, EIDS VOLD 4627. Ph: 071-651-484.

NATURAL SKIN CARE PRODUCTS, handmade soaps & candles. Send SAE for catalogue of over 120 products. Forest Edge, 242 Albert St, MARYBOROUGH 4650.

TRIDENT TIPIS. Professional workmanship, quality materials, traditional designs. For brochure, samples and prices write to: 'Touch the Earth', Mogo Crk via ST ALBANS NSW 2775. Ph: 045-682-062.

GREY WATER SYSTEM, designed by permaculture graduate, laboratory tested & successfully trialled by local council (Lismore nth NSW). The system incorporates a sand filter and evapo-transpiration/seepage distribution system. Simple to install (assistance avail in Northern Rivers area). Plans & specifications avail \$50. Phone assistance to purchasers. Ph/fax: 066-891-703.

MAKE CONCRETE BLOCKS, pavers, borders to use or sell. Steel inventions from \$345. Leaflets from: Forest Farm Research, LODONDERRY 2753. Ph: 045-725-312.

VIDEO CASSETTE RECORDER - 'Rip-off Buster' repair and maintenance manual. Covers safety aspects, common VCR problems, spare parts sourcing, instructions, tips, diagrams & photos. Will more than pay for itself with your first repair! To order or for more info: PO Box 71, CARNARVON, WA 6701. Total cost: \$12.95.

INVERTERS, 12V to 240V 500 watts, brand new, stock run out, were \$499, now \$349. Ideal remote locations, camping & yachting. Ph: 02-427-0586.

HAMMOCKS - Brazilian: woven body, Mexican: netted body. All doubles, strong & durable cotton. A relaxation must for babies through to grandparents. From \$65 + p&p. For info write to: Hang About, 135 Tower Rd, ALAWA, NT 0810, or ph: 08-8948-2208.

MUD BRICKS, 9000 compressed earth bricks, 10 x 12 x 4", on pallets. \$7000. Transport to Melbourne can be arranged. Ph: 069-931-160 or 018-696-051.

TUPI, SIOUX STYLE, 16', complete, h/duty canvas with painted Indian pattern, excel condition. \$1450. Ph: 057-625-300, 019-956-211 AH.

LIGHT HORSE SPRING CART, rubber tyres, brakes, 6'2" x 4', cover frame, as new, harness, suit gypsy type touring. \$990. Ph: 071-613-136.

RAMMED EARTH MOULDS and air tamper, 12-14 cu/ft min air. Built one house. \$850. Ph: 071-613-136.

## LIVESTOCK

LITTLE COMPANION PIGS, selectively bred for small farms. Health tested breeding stock & neutered pets for sale. Pygarninni Farm. Ph: 079-221-334.

MINIATURE AUSTRALIAN COMPANION PIGS, estab 1978, breeders & pets. Colours: black, black/white, white, red. Foundation stock from \$500. See GR 109 all details. Brian Doggett, PO Box 36B, YARRA JUNCTION 3797. Ph/fax: 059-666-246.

SELLING ANGLO-NUBIAN BUCK, 20 months. \$175 ONO. Ph: 063-863-419, HARDEN NSW.

SALERS FULL BLOOD registered cattle. Three heifers in calf. Bulls, all ages. Top stock from organic stud. Ph: 057-682-485.

GREEN HOUSE COWS? Organically reared (Pat Coleby method). Jersey, Jersey x heifers, 7 & 8 months old. Quiet, gentle, lead, tether out. KYNEDON, Vic. Ph: 054-223-495.

## COURSES

HERBAL MEDICINE. The School of Herbal Medicine, estab in Australia in 1985, offers a one year home study course. For details, write to: PO Box 2310, TOO WOOMBA 4350.

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# GRASSIFIEDS

## COURSES

**HUNTER – NEWCASTLE** Permaculture courses. Demonstration farm based small group learning. Emphasis on practical applications. Urban and rural design. Trevallyn Permaculture Centre. Ph: 049-389-528. PO Box 22, PATERSON 2421.

**CORRESPONDENCE STUDIES.** Diploma & certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin and Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare (Nanny-Minder), Safety and Security Counselling, Personal Psychic Development, Traditional Wicca. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-319-6166 business hours only.

**DOWSING**, a definitive home-study course in radiesthesia, dowsing, & radionics for those with enquiring minds! Rediscover the lost art of using natural radiations ecologically. Over 200 pages of comprehensive notes covering health, environmental & agricultural applications of this ancient art. The Academy of Natural Therapies, 23 Taree St, BURLEIGH HEADS, Qld 4220. Ph: 075-934-650. Phone or write for a free brochure.

**SELF-RELIANCE ON YOUR OWN PROPERTY.** This Permaculture course will provide you with practical skills, techniques & info to create your own productive & low maintenance property. Topics covered: design, species selection, establishment & integration of vegie gardens, orchards, tree crops, dams, healthy & energy efficient homes. Learn at Crystal Waters Permaculture Village through tours, demonstrations, hands-on practice, slides & talks by Frances Lang & Max Lindegger, tutors of over 1000 people in 17 countries. Dates: September 1-14, Jan 5-18th 1997. FREE Permaculture info kit: Green Harvest, 52/G, Crystal Waters, MS 16, MALENY Q, 4552. Ph: 074-944-676.

**PERMACULTURE BY CORRESPONDENCE.** On completion you will have a full permaculture design and management plan for a property of your choice and be qualified to teach and practise permaculture. (We also teach 2 week residential courses). For more info send SAE to: The van Raders Family, The Green Piece Permaculture Garden, PO Box 389, MALANDA, near Cairns, 4885 Qld, or ph: 070-965-138, or email: vanraders@peg.apc.org

**THE PERMACULTURE DESIGN COURSE** in your own home, to suit your needs, interests and goals, your hours! *Permaculture Visions* provides interaction with your personal tutor, support staff, 100s of pages of up-to-date plain English info, illustrations, project ideas, videos, computer disc version and fast talk via Email. Live each day in a greener way. Leisure Coast Permaculture Visions, Cordeaux Rd, MT KEMBLA VILLAGE 2526. Email: askpv@ozemail.com.au

**DEADLINES: GR 116 – JUNE 30TH  
GR 117 – AUGUST 30TH**

**AQUACULTURE, INTRODUCTORY COURSE** held on working farm using water recirculation technology. For details, SAE please to: David Rae, PO Box 66, MONTVILLE 4560.

**PERMACULTURE DESIGN COURSE.** Time: Friday 27 Sept – Sunday 6 Oct 1996. Venue: 'Willuna', Chiltern NE Vic. Temperate climate demonstration farm. Tutors: Vries & Hugh Gravestein. SAE to: V Gravestein, RMB 1130, CHILTERN 3683. Ph: 057-261-596.

## GARDEN AND ORCHARD

**TREE GUARDS** all shapes/sizes from under 10 cents each. Bamboo stakes & weedmats. International Reforestation Supplies, 510 Bellbird Rd, BAIRNSDALE. Ph/fax: 051-579-404.

**QUALITY ORGANIC TOBACCO SEED**, (min 60 plants). Easy techniques for striking, growing, harvesting, drying, curing & cutting. Simple leaf press plans. Seed saving instructions. All you need for FREE TOBACCO FOREVER. City GRs also win with this terrific money saver – tobacco grows successfully in pots (even indoors). Ongoing advice avail. Cost \$14.50 (incl p&p). Pete Bradbury, Box 65, EIDSVOLD 4627. Ph: 071-651-484.

**COMPANION PLANTING CHART.** Over 90 vegetables, herbs & fruits, including plants as insect repellants. Sow When Chart. Suggested sowing times for 100 vegetables, herbs & flowers. Mail order \$5 each + \$2.50 p&p (up to five copies). Plum Products (G), PO Box 120, BRUTHEN, 3885.

**GOURD SEEDS**, mixed ornamentals, mixed hardshells, mixed orn + hardshells, luffa sponge, calabash, snake bean, bottle medium, coloured corn \$4.50 pkt – minimum purchase \$9.00. Or 1 free \$4.50 pkt when you purchase 52 page *Gourd Growers Handbook* for \$16. Bulk pkts – 30 seeds \$10 ea. All price incl postage. Send your order to: Gourd Father Quality Gourd Products, PO Box 298, GR, EAST MAITLAND, NSW 2323. Money back guarantee!

**NEEM TREES**, seedlings, \$2 each (minimum 10), plants \$6 each. TOWNSVILLE. Ph: 077-737-542.

**RAINFOREST SEED COLLECTORS** national link-up. Buy & sell local seed. Our newsletter has lots to offer. Local seed grows better & doesn't pollute your gene pool. Quarterly newsletter subs \$20, conc \$10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 066-552-233.

**COMPREHENSIVE CATALOGUE** Australian native seeds. 1800 species. Price \$6 posted. Bliss Partnership, 28 O'Connell St, TAMWORTH 2340.

**TOBACCO SEED.** Organically grown (Virginian), cultivation & curing notes incl. Send \$5 to Lyn O'Brien, C/- PO, BARMAN 3639.

**SEEDS OF UNUSUAL**, useful Asian vegies, subtropical fruits, herbs, spices, fragrant, curiosities, cottage garden flowers suit hot weather. Open pollinated. Easy grow. Seeds \$1 pkt, plants \$2.50 each. Mail order only, no visitors please. For list send 3 stamps to Lorraine Blaney, Wallace Rd, BEACHMERE 4510.

**BAMBOO SEED.** Grow your own building quality, frosthardy, drought resistant, clumping bamboo. Noninvasive species, 100 seed + info. Send \$20 + SAE. Kevin Lang (GR 115), PO Box 2, Lot 115 Brooks Rd, EUDLO Qld 4554.

**TOBACCO SEEDS**, best quality & flavour, \$5 incl seeds and instructions. E Madge, MS 626 Kin Kin Rd, POMONA, Qld 4568.

**EARTHWORMS**, mixed red wrigglers/tigers/African nightcrawlers (tropical worms), \$18/250 g (approx 1000). Includes care instructions and p&h Australia wide. **BLACK WATTLE SEEDS** (*Acacia cincinnata*), fast growing tree, nitrogen fixing, good fuel wood, timber suitable tool handles, posts etc; leaves excel fodder, attracts king parrots, excel potential for agroforestry purposes, pale yellow scented flowers, \$2.50/pkt. **LEUCAENA SEEDS** (*Leucaena leucaephaia*), fast growing tropical shrub, nitrogen fixing, nutritious stock feed, ideal windbreak, \$2.50/pkt. Send chq/MO to: Squworms Worm Farm, The Gorge, FINCH HATTON, Qld 4756. Ph: 079-583-359.

**BOB MAGNUS'S FRUIT TREES**, 100 varieties of apples, pears & cherry on dwarfing rootstocks, also quinces & walnuts. Send 3 x 45c stamps for my list: Bob Magnus, WOODBRIDGE, Tas 7162.

**CHINESE ARTICHOKEs**, (*Stachys affinis*) new release from China. Perennial winter root vegetable, not related to globe or Jerusalem artichokes. Small spiral tuber. Subtle nutty flavour, crisp texture similar to water chestnuts. Multiplies readily. Probably best in cool and temperate climates. Tubers only avail during winter. For growing kit of 10 tubers, growing notes and recipes, send \$25 to: Bundanoon Village Nursery, PO Box 83, BUNDANOON 2578. Ph: 048-836-303. Not Western Australia.

**THE WORM INN**, a colourful 12 litre container to raise compost or bait worms. Simple to operate. Comes complete with all you need and instructions. Cost \$39.95 plus \$10 p&p. Contact: Serendip Worms, PO Box 358, BEERWAH 4519. Ph: 074-946-037.

**LOOKING FOR HERITAGE** or traditional fruits & vegetables? Join the Heritage Seed Curators Association! Get a copy of our 3rd 'Seed listing' issue of *The Curator*. This issue has 55 pages listing the sources for thousands of vegie, herb & fruit varieties. Membership costs \$20 PA. It is simply the best Australian seed source listing. Contact: HSCA, PO Box 1450, BAIRNSDALE, Vic 3875.

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## GARDEN & ORCHARD

**BAMBOO PLANTS-POLES-BOOKS.** Over 200 species, running or clumping, also 1ge stock bamboo timber and many titles of bamboo books. Send \$4.50 stamps for catalogue. Bamboo Australia, BELLI PARK, Qld 4562.

## HOLIDAYS

**CHRISTMAS CREEK, LAMINGTON, 2 b/r,** secluded cabin, magnif views, r/forest, bush walking, abundant birdlife. Linen suppld. Ph: 075-448-166.

**PRIVATE COTTAGE** situated in the Tweed area. \$35 pn. Ph: Marina, 066-779-508.

**GET BACK TO NATURE** at Barmah on the mighty Murray. Explore the largest natural river red gum forest in the world. Canoe the world heritage wetlands of international importance, off the beaten track, where wildlife abounds. For info kit ph: 058-693-347, or write to: Gondwana Canoe Hire, C/- PO, BARMAH, Victoria 3639.

**BED AND BREAKFAST, r/forest, organic farm:** bush walks close to beaches, Comboyne Plateau, Crowdy Head Nat Pk, 1/2 hr Port Macquarie. Tasteful, private room with bathroom, library. \$65 double per night, evening meal - 3 course - can be eaten privately. Ph: Di, 065-567-691 or 539-564.

## SERVICES OFFERED

**HOMEPLANS.** 90 plans for handcrafted homes of mud brick, rammed earth, stone & pole frame construction. Mail \$58 (postage incl) for *The Earth Builders Construction Detail & Plan Catalogue*, to: John Barton, Building Design, 31 Sharp Street, NEWTOWN, Geelong 3220, or ph: 052-224-249 for fixed quote to draw/document your home plan. Bankcard, Visa, Mastercard accepted.

**POSTAL TAROT, clairvoyant psychometry** and message from your spirit guide. Experienced psychic - currently reading psychic festivals in Vic and live telephone tarot line. Send question, photocopy of relevant photo or object (not originals) & \$25. Trudy Oldaker, Box 242, VERMONT 3133. Ph: 03-9872-3319. Reply posted ASAP.

**THE PRIMAL PLACE.** The transpersonal perspective holds that there is an essential unity underlying the diversity of humanity and the material world. The transpersonal vision is one in which compassion, love and responsibility are experienced for all forms of consciousness, and a global ecological vision of all life. The transpersonal experience enables us to contact and integrate aspects of ourselves and discover whatever dormant ability and potential that is unique to you but have lost touch with. Rediscovering those lost aspects of ourselves that continually intrude and spoil our enjoyment, pleasure and success of our own lives can bring about a profound and deeply meaningful state of 'being'. A new sensory aware-

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See page 68 for details

ness. A new consciousness. There is another way to 'be'. Those repressed aspects of ourselves inordinately effect us all of our adult lives and are expressed in other ways; discontentment, depression, anxiety, fear, nervous habits, isolation, loneliness, obsessional work and projects, use of drugs, aggression, anger, sexual dysfunction, inability to assert oneself, inability to relax and feel real pleasure. And in our relationships. They also show themselves in a multiplicity of chronic psychosomatic complaints. We can be in a constant search, always in the wrong place. The transpersonal dynamic experience enables us to find the realms of the human unconscious to the gateway of personal transformation. Sooner or later we each must face ourselves honestly. Who we are. Where we came from. To what are we travelling towards. The Primal Place, 44 Curnow St, GOLDEN SQUARE, Vic 3555. Ph: 054-413-683.

## CLUBS

**NATIONAL ALLERGY ASSOCIATION** of Australia (NAAA). Information, counselling, newsletter. For info & membership write to: PO Box 280, PARRAMATTA 2124.

**AFFILIATED DONKEY SOCIETIES** OF AUSTRALIA. For info on membership, magazines and help avail write to: Mrs Pam Newton, PO Box 63, HURSTBRIDGE Vic 3099, and you will be contacted by the representative in your state.

**THE ORGANIC GARDENING & Farming Society,** Tasmania, now has a branch in Sheffield. For details contact: Pam Gray, Secretary, PO Box 212, SHEFFIELD, Tas 7306. Ph: 004-912-408.

## HEALTH AND BEAUTY

**HOMOEOPATHICS,** Bach & Australian bush flower essences: Australia-wide delivery, free catalogue avail. The Natural Remedy Company, PO Box 1060, DEVONPORT, Tas 7310. Ph: 004-246-168.

**HAY FEVER** desensitisation with bee pollen. 450g \$9, 1.9kg \$32.50, 4.3kg \$65, 14kg drum \$175. Prices include p&p plus directions. J M Read, 8 River St, MURRAY BRIDGE 5253.

**WHY BE SICK?** Highland Hydrotherapy Health Retreat, Bundarra, NSW 2359. Step back into an old-fashioned farm setting, amongst peaceful forested mountains. Experienced in treating serious health problems with natural drugless: bowel cleansing, detoxification, rejuvenation, nutrition, RBTi analysis, cosy steam sauna, etc. Uplifting private atmosphere. Accommodation 1-4 people. Affordable prices. Write/ph for brochure. Mobile: 018-155-208.

## CALENDAR EVENTS

**CENTRALIAN FIBRES** - A regional Fibre Forum conference will be held in Alice Springs, Sept 28 - Oct 6. Workshops, exhibits, lectures, trade oppo & entertainment. All enq contact: Irene Marr, NT Convention Bureau, ph: 1800-621-336, fax: 1800-808-666.

**FRAGRANT GARDEN** Second Biennial Art Competition, over \$2000 prize money for art works, any medium, on theme of the Fragrant Garden. For details & entry form contact: Jacky Jones, 043-677-322.

**NATIONAL PUBLIC TRANSPORT WEEK,** June 2-8. Anyone with time to assist ACF in promoting this event, or with suggestions for exhibits/activities please ph: Libby Diedrich, 02-247-4285.

**VACCINATION AWARENESS NETWORK** is seeking information on adverse effects of vaccination. If your child has displayed any symptoms of illness as a result of vaccination please contact: VAN, PO Box 177, BANGALOW 2479. Ph: 066-871-699.

**COMPOSTING TOILET Info Day.** All your questions answered. July 27, International Development Technologies Centre, Faculty of Engineering, Melbourne Uni, Parkville. All enq ph: Stuart Downs 03-9388-0186.

**ART IN ACTION EXPO,** Sydney Showgrounds, July 13 & 14. Hands-on fun & exhibition. All enq ph: 02-9958-1811.

**SOUTH COAST FIELD DAY,** August 17 & 18, Candelo Showgrounds. Forestry, land use, building & technology, cottage industry, community & health. All enq contact: Hugh Gravestine, 064-942-014, or John Champagne, 064-927-306

## BUMPER ISSUE

Look out for our next GR issue:  
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## OPPORTUNITIES

**RURAL LIVING PLUS INCOME/purchase or long lease, 3-4 b/r house, 10 ac, vegie garden, orchard, hothouse, town water + tanks, out-buildings, chook sheds, a/ground pool with deck, virtual water frontage. Plus, on same block, fully equipped 30 bed backpackers hostel 90 km/1 hr NE Hobart, 5 mins to school, shops & local beaches. \$120,000/\$120 p/w. Ph: 002-573-439. More details avail on-line at: <http://www.peg.apc.org/~amcdonal> FREE ACCOMMODATION on farm. I would love to have a friend for my son, 9. There must be a mother out there with a child of similar age, preferably a boy, who wants free rent and room for her children to play, in return for housekeeping. School bus passes door. Reply: Woody, Box 1016, NARACOORTE, SA 5271.**

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## OPPORTUNITIES

**FREE ACCOMMODATION** on 160 beautiful ac west of Bundaberg, SE Qld. Caravan (with power & water) provided rent free in exchange for 8 hrs help per week in garden. Also option to share in business growing fruit and plants for market. Share property with vegetarian couple (n/s, n/d). Prefer single woman or mother with child. Wayne & Milu, PO Box 235, GIN GIN 4671. Ph: 071-572-736.

**SEEKING HONEST COUPLE** with own accom for caretaking property west of Bundaberg. Permanent basis. Apply in writing outlining lifestyle and interests. E Hicks, C/- PO, GIN GIN 4671.

## PUBLICATIONS

**'ALTERNATIVE PLANS and Products'** 8th edition catalogue 1996. The 8th edition of this catalogue is now available. The catalogue contains a comprehensive listing of books, booklets, plans and infopacs covering alternative power generation, ethyl alcohol production, wind power, gas generation, solar stills, alternative housing plans, low voltage workshop set-up, appliance conversion, special batteries, mini work vehicle construction plans, home-based businesses, solar panel making and powered water pumps, water purification, biological building, chemical hazards, earth energy fields and geopathic stress, infrasound and vivaxus bands. Other titles include steam engine and methane gas generators, electric vehicle conversion plans, fuel cell construction, solar ovens and water heater plans, solar furnace, vortex tube plans, free energy machines and magnetic engines and generators. For your *Alternative Plans Catalogue* send \$5.00 cash or money order to: Alternative Plans, PO Box 487, ASHGROVE, Qld 4060. (33 Woodview St, Samford 4520.)

**FREE SAMPLE COPY:** of colourful, 64 page, quality textile magazine, *Textile Fibre Forum*. This publication covers all the textile arts in the Australian region and includes New Zealand plus an international component. Just write to TAFTA, PO Box 38, THE GAP 4061, and send \$1.80 in new postage stamps to receive your free sample copy. You'll love this magazine. No obligation.

**'AUSTRALIAN TOBACCO'** How to grow, cure, treat & cut your own. A well researched book by John Van der Linden. Send \$12 (postage included) to Lyn O'Brien, C/- PO, BARMAH 3639.

**'AUSTRALASIAN HEALTH & HEALING'**. Journal of alternative medicine. Australia's major health care quarterly, emphasising self-healing & prevention of illness through measures which raise body defences. Sold at most newsagents & health shops, & by subscription, \$37.90 or \$39.90 with *Health & Healing Newsletter* per 4 issues (1 yr). Write: Australasian Health & Healing, 29 Terrace St, KINGSCLIFF 2487.

**DEADLINES: GR 116 - JUNE 30TH  
GR 117 - AUGUST 30TH**

**'NEXUS NEW TIMES'** magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental & physical health & enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$25 pa. Nexus New Times, C/- PO, MAPLETON 4560.

**'NIMBIN NEWS'** is a co-operatively run access magazine with articles & info from Nimbin & other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bio-region is at the forefront in the development of sustainable systems. As networkers we scan many magazines for suitable & scarce info for our readers. Subscription: 12 editions for \$25. Sample copy \$2.50. PO Box 209, NIMBIN 2480.

**'THE OWNER BUILDER' MAGAZINE.** Want to be a successful owner builder? *The Owner Builder* magazine has plans, money saving ideas, advice and articles on successful owner builders. *The Owner Builder* magazine is avail from newsagents or by subscription. \$24 for 6 issues. For more info write: 66 Broadway, DUNOLLY 3472. Ph: 054-681-899.

**'THE PERMACULTURE EDGE'** magazine for current info on applied permaculture worldwide. Internationally subscribed & sourced: agriculture, economics, politics, sociology for the future. Subscribe now \$16, 4 issues. Permaculture Nambour, PO Box 650, NAMBOUR 4560.

**'THE SEED SAVERS' HANDBOOK'** by Michel & Jude Fanton, selling like hotcakes. Don't miss out, order today. \$23 post paid. Box 975, BYRON BAY 2481.

**BOOKS. NEW & OLD.** Australian, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

**'NATURAL HEALTH'**, the magazine of the Natural Health Society. Subscribe today, \$34 yearly & receive: 6 vital magazines, discounts at participating health food stores & natural therapies practitioners, listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 047-215-068.

**OLD GRs FOR SALE, 21-57, \$2 each + postage.** Ph: 066-477-154.

**EARTHWORMS:** Learn how to breed them for gardening, composting, fishing, selling. Free booklet from: WormWide Books, Box 603(G), MOOLOOLABA 4557. Ph: 04-1211-2285.

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**'PANTHOLOGY'.** A digest of Paganism, Shamanism, Magic, Wicca & Sacred Ecology from around the world. A 16 page broad spectrum magazine with something for everyone from the new seeker of the Old Faith to the familiar territories of the devoted thinker. Subscriptions, \$10/4 issues, to: Panthology, PO 1350, WODEN, ACT 2606. Include SAE for separate queries. Free sample with SAE for first 100 GR readers.

**EARTHWORMS. FREE,** the most comprehensive catalogue of books on this subject. Send business size SAE. Worm World, PO Box 204GR, ROLLINGSTONE 4816. Ph: 077-707-001.

**SECOND-HAND BOOKS BY MAIL.** Australian, local history, war, literature, maritime, biography, general nonfiction. Catalogue sent on request. All enq welcome. PJ Mitchell, PO Box 59, TANILBA BAY 2319.

**'GRASS ROOTS'** 24 - 27, 29 - 45, 7 others mixed. \$50 + freight. Wanted GR 6, 7, 10, price neg. Ph: 079-347-208.

**BOOKS & TAPES** by mail from New Broom Books. Send now for free illustrated lists of meditation tapes, inspirational books, tarot cards, etc, from: New Broom Books, PO Box 66, GOORNONG Vic 3557.

**'GREEN CONNECTIONS'** magazine is a product of the Goldfields Permaculture & Landcarers group in Central Victoria. Its 32 pages are packed with great photos and informative, philosophical, entertaining and thought provoking articles by leaders in their fields, inc regulars, David Holmgren, Pat Coleby and Abbie Heathcote. A calendar of events for Central Victoria, inc seminars, workshops and field days. *Green Connections* offers permaculture solutions for sustainable living for the urban dweller and the rural settler. \$25 for 6 editions. Sample copy \$3.50. PO Box 793, CASTLEMAINE 3450. Ph: 054-705-040.

**'EARTHWISE WOMEN'**: a new national quarterly magazine. Connecting women who care for the environment. Creating a strong network of women environmentalists across Australia. Articles on health, green jobs, ecotourism, revegetation, permaculture and more. \$20 for 4 issues by subscription. PO Box 414, YANKALILLA 5203. Ph/fax: 085-582-950.

**'MARKETS AND FAIRS'** magazine. Your Australia-wide guide to festivals, fetes and shows. Available at good newsagents for \$3 or phone: 02-314-0092.

**'WARM EARTH'** magazine is Australia's only organic growing magazine - all about growing fruit, vegetables and herbs organically in the home garden or small acreage. Information on health issues and how to achieve a healthier, happier lifestyle. Available from newsagents in Queensland & Northern NSW, or by subscription. \$19 for 4 issues. Write: 'Kiah' Cottage, KENILWORTH, Q 4574.

**DONKEY BOOKS** by mail. Lists from Broomtail Publications, RMB 3030, EAGLEHAWK 3556. Fax: 054-463-749.

# GRASSIFIEDS

## CONTACTS

### NEW SOUTH WALES

**NATURAL INDEPENDENT** woman, 48, Taurus, s/s, s/d. I love nature, travelling, loving, Indonesia, laughing, honesty, beaches, camping, sharing, animals, friends, blues, my land, and down-to-earth people. G, PO Box 960, TWEED HEADS 2485.

**SINCERE GUY**, easy-going nature, good humoured. Like to meet special lady around 30/40. Some interests would incl communicating, travelling, philosophising, country life and sharing good times together. If you would like to know me better or just like a chat please ph: Peter, 02-632-2068.

**I AM SINCERE** in my wish to contact a kind thoughtful gentleman, who is seriously seeking a companion. I am in my 70s, like home life in general, animals, farm life, c & w, gardening, needle & craft work, travelling, the occasional movie & dinner out, a n/s and very light s/d. I am very active & in good health. Please be honest & sincere. Photo if possible, all letters replied to: W Jay (GR 115), PO Box 242, EUROA 3666.

**MALE WIDOWER**, 57 yo, 168 cm tall, 61 kg. Retired, independent, who likes the simple things in life. Into gardening, fishing & travelling. Owns beautiful acreage mins to beach with abundance of wildlife. Am seeking lady of similar age, must be fit n/s and down-to-earth for perm r/ship. Reply with recent photo. W (GR 115), C/- PO Box 242, EUROA 3666.

**SYDNEY** 42 yr old, slim, reasonably appealing male, looking for female friend/partnership with similar interest and appeal. Enjoy outdoor activities with no interest in clubs or pubs, have low TV & sports needs. Financially secure with no ties, easy-going with sense of humour, nonreligious, smoker, s/d. Please write, photo appreciated. SRE (GR 115), C/- PO Box 242, EUROA 3666.

**CREATIVE LADY**, forties, nice looking, not slim, mid NSW. Seeks male friend who sings, plays, and loves country music, for potential singing, yodelling partner at jams, shows, etc. Replies to: Sing (GR 115), C/- PO Box 242, EUROA 3666.

**PERHAPS** you are a healthy n/s woman in her prime (40 something?) and love nature, companionship, walking, gentle moments. Perhaps you may eventually join this relaxed, reliable, very affectionate, very slim fellow in selecting some bush ac east of the Divide for a comfortable shared lifestyle, or even suggest elsewhere! Firstly though, dare you write? SG (GR 115), C/- PO Box 242, EUROA 3666.

**HAPPY, LOVING, INTELLIGENT**, spiritually orientated woman, 43 y/o, Byron Shire, seeks friend, lover, partner, who is n/s, caring, supportive, able to share self. Sara (GR 115), C/- PO Box 242, EUROA 3666.

**GENTLE WARRIOR** wanted for nonsmoking, outgoing, fun loving, intelligent, honest, slim, short, affectionate, independent, north coast woman in 40s. Interested in personal growth, yoga, beach, dancing, nature, psychology. JJ (GR 115), C/- PO Box 242, EUROA 3666.

### PLACING AN AD? See page 68 for details

**TALL, SLIM, HONEST**, creative nondrinker, pacifist, nonreligious, not into raging, pubs or footy, mechanical minded mid 40s man. Seeking a lady 40-50 y/o, slight/medium build, whose knowledge of farm livestock exceeds mine, who is looking to start anew in an environment where meaningful & understanding conversation means something. Replies to: RG (GR 115), C/- PO Box 242, EUROA 3666.

**MALE FIFTY-FIVE** has just found his ideal house & acreage near Byron and wishes to complete the dream by sharing it with a companion?/soul mate? (40-50) who is spiritually orientated, fit, down-to-earth, somewhat alternative, with SOH. I enjoy/value honesty, simplicity, peaceful lifestyle, oneness, sharing, books, Australia, permaculture, bush, massages, crafts, folk music & moonlight walks. Women who wear odd socks and have a similar pair at home are encouraged to write: PP (GR 115), C/- PO Box 242, EUROA 3666. Photo appreciated.

### PLACING A CONTACT AD?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your ad.

**UNPRETENTIOUS GRAZIER**, living Tamworth area. I am honest, affectionate, caring, considerate, able to express my feelings. I am 53 with a young, positive, open-minded outlook on life. I am 167 cm, 70 kg, non-smoker, light drinker, brown hair, blue eyes. My interests: life, movies, ABC TV, music, theatre, tennis, current affairs, affairs of the heart in a monogamous r/ship. Seeking a feminine, olive skinned, slim, attractive, lady, long hair (negotiable) preferably on her head. Who would be interested in forming a loving, lasting r/ship. Please write, enclose photo, all letters replied to. Replies to: Libra (GR 115), C/- PO Box 242, EUROA 3666.

**FEMALE** living on lovely property close to lge country town, desires to meet another healthy, active woman 50-60 with wide interests and involved in spiritual growth. Joanne (GR 115), C/- PO Box 242, EUROA 3666.

**WOMAN** 40, 5'8", is searching for new age sensitive man for equal partnership in life and love. Age, looks or finances incidental. I enjoy quiet home life, reading, gardening, soul music, fishing, camping, bushwalking etc. If you have a natural affinity with children, pets and our planet, are honest and down-to-earth, please write to: Glenda (GR 115), C/- PO Box 242, EUROA 3666.

**WIDOWER**, 5'10", 70 kg, good looking, 2 children and lovely home on property near Orange, seeks lady (late 20s to mid 40s) for perm r/ship. Interests are: quiet country life, horses, music, meaningful conversations, mart auctions, seeking collectables, practically balanced with alternative outlook. Photo appreciated. Replies to: Dave (GR 115), C/- PO Box 242, EUROA 3666.

**SOUTH COAST NSW**, single young 35 yo, 6'1" male. I'm self-employed, honest, caring, down-to-earth and affectionate. I enjoy getting away, camping, 4WD, vegie gardening, cooking, movies and nice quiet nights at home. I have a house and land in Qld, Darling Downs area and hope to move up in a few years to live a happy, quiet family orientated GR lifestyle. So if you're a caring young lady 18-30, family minded (solo mum welcome), with similar interests, who just wants to be loved, please write. Photo appreciated. Caring (GR 115), C/- PO Box 242, EUROA 3666.

**FEMALE, FIFTIES**, seeks male, earth/hippy type, who knows the happiness that comes from inner peace. Aquarius (GR 115), C/- PO Box 242, EUROA 3666.

**GREEN DISH**. Me: alternative, natural, permaculture, own business, fresh air, generous, r/forest, creative, divorced, home brew, work, fit, one 6 yr old, musical, sail, good looks, swimming, kind, run, walk, bush, books, movie, 30, adventure, n/s. You: same. Send SAE & photo: Ann (GR 115), C/- PO Box 242, EUROA 3666.

**A FILIPINA**, 52 yrs old, seeks a n/s, honest, caring and loving man of the same age or over for a lifetime partner. Reply to: Angel (GR 115), C/- PO Box 242, EUROA 3666.

## QUEENSLAND

**HELLO FEMALE READERS**. I'm looking for a friend. Being a spiritually minded woman, I base my thoughts on love, not religion. I seek simplicity yet desire to discover the intricacies of love and friendship. If you too are in need of a warm and caring friendship please write to: 'Hope', MS 80, Lot 64 Lukin Rd, GYMPIE 4570.

**MAN OF NEEDS**, wanted: women with the capacity to believe there is more to life than just wanting more for oneself, and the courage and trust to explore the possibilities of combining with the opposite gender and to be creative enough to rise above one's weaknesses. Terry Ryan, PO Box 71, CAMDEN 2570.

**ARE YOU: INTO**, interested in GR lifestyle, genuine, male, around 50? I am an Aussie, survivor, seeker, nurse (casual). Interested? Sagittarius Dragon, PO Box 96, HOWARD 4659.

**PROFESSIONAL GUY**, 47, gentle & sensitive, slowly moving out of the city into a healthier lifestyle. Seeks caring, intelligent, presentable lady with good SOH, prefer no dependents. PO Box 449, MALENY 4552.

**Make Your Editor Smile -  
Punctuate!**

# GRASSIFIEDS

## CONTACTS QUEENSLAND

**INDEPENDENT BORN AGAIN CHRISTIAN** man 34, seeks born again lady. Must be younger, n/s, conservative green, loyal, not overly emotional. View friendship, etc. I like photography, movies, restaurants, growing things and firstly caring/loving my woman. Willing to move. The Box Holder, PO Box 1286, MILTON Q, 4064 Brisbane.

**LADY WISHING RURAL LIFESTYLE** can share tropical lily loagoon with me. Townsville. K Hurst, 75 James St, BLUEWATER 4818.

**EVOLVED EARLY 50s** guy seeks equally unique & special lady. You'd be in a state of peace, trust & great self-empowerment. You'd be open to commit to the highest state in a r/ship. You'd have many other special qualities, but essentially you'd be shining from the heart, soul & spirit, opposed to your exterior looks. You'd be creative, earthy and refined. You'd be linked with nature and the sea. You'd consider the country or suburbia & you'd seek refined aesthetics & a nurturing place. You'd welcome comparing our spiritual astro basics & you'd love to tell me more about you, as I would about me. Please send birth date/time & contact point. Will answer all replies. To: Contact Point, PO Box 291, SOUTHPORT 4215.

### ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR. We will re-address & forward it.

**LADY, FORTY YEARS**, seeks committed Christian man, perm r/ship. Prefer Sabbath-keeper, healthy lifestyle, organic agriculture. Kate, C/- PO, PALMWOODS 4555.

**WOMAN WISHES MEET** gent in 60s for transatmospheric loving fun. Phone me on 071-242-971.

**LADY, YOUNG 53**, fit, energetic, n/s/d, ethical but nonreligious, not into astrology. Outdoors, nature orientated interests (not sports or urban environment), avid reader, music, different culture. Would like to hear from a thoughtful, gentle man (not domineering!) who is seriously seeking companion/partner for life. Please be honest = trustworthy. Photo appreciated. WK (GR 115), C/- PO Box 242, EUROA 3666.

**I'M LOOKING FOR A WOMAN** with whom to escape city life. I believe I've found sanctuary in a decaying world. Gather your SOH, your desire to live by the sea, your communication skills and write to: Peter (GR 115), C/- PO Box 242, EUROA 3666.

**ARE YOU CANCERIAN?** Congratulations on being special! Do you feel misunderstood? Or hurting? Need some moonlight, honesty, loyalty, or caring by the sea? If you are a gentle, sincere lady in 40s, then do it for yourself, write to: Bart from Bundaberg (GR 115), C/- PO Box 242, EUROA 3666.

**DEADLINES: GR 116 - JUNE 30TH  
GR 117 - AUGUST 30TH**

**MY MAN, YOU ARE SPECIAL**, dare to be different, believe in magic, know how to have fun, you see pictures in the clouds! Have a sense of wonder, make me feel special, a hopeful romantic, capable of intimacy & commitment, love to (& do) travel, - happiness guaranteed, with mid 30s, happy, positive woman, living far north Qld. Where are you? Love to hear from you with photo please. Maree (GR 115), C/- PO Box 242, EUROA 3666.

**I WOULD LIKE TO MEET** a lady, n/s, s/d, who enjoys home life, travel, camping, fishing, music, reading and just plain relaxation and most of all to be a companion for her man. The lady would be in the 35 to 50 age bracket. I would expect her to be faithful, reasonably attractive, clean, honest and sincere, of slim to medium build. No young children please. In return I guarantee to be all of the above. I am a one woman man. I live a few hrs nth of Brisbane in a coastal city. I am 5'10" and weigh 11 stone. Not bad to look at so I am told. An accompanying photo will guarantee an answer. I will also travel to meet the right lady. I am financially secure and am retired. I am 48 yrs young. Nonsmoker, s/d. The lady should be articulate and like being treated like a lady. Genuine replies only with photo, slim to medium build. Ken (GR 115), C/- PO Box 242, EUROA 3666.

**FILIPINALADY**, 39 yrs old, widow, outgoing personality, good cook, loves sports. Would like to hear from honest, loving, thoughtful gentlemen. GT (GR 115), C/- PO Box 242, EUROA 3666.

**CHRISTIANLADY**, seeks true Christian man (any age). Clean, tidy, s/d, loves light, hates darkness. Age 32, pretty, slim, sensual, 2 children, divorced, a real homemaker, good cook. Eve (GR 115), C/- PO Box 242, EUROA 3666.

**FEB '67, DEC '62, JULY '59**, girl, share 2 ha, horse, dogs, river. Lary Steven, TATHAM 2471.

**NONMONOGAMOUS MAN** wants woman to 40 to share country lifestyle SE Qld. Reply: B (GR 115), C/- PO Box 242, EUROA 3666.

## VICTORIA

**KINGLAKE**. Early retired gent, slim & bearded, looking for uncomplicated companion to share lifestyle on 5 beautiful ac, planted with many estab English, Australian varieties of trees, shrubs. Land bounded by two perm crks, dam & waterfall, nice tudor studio, sheds, plans for larger home. Private area, but also close to shops, only 1/2 hr to Eltham. Companion must have drivers licence, children no problem. Nonreligious, but like sharing & exploring Krishnamurti's teachings, open-minded, an ex-social worker, have leg problem that requires physio, thus travel help appreciated. No rent needed, only help with standing bills if possible. Replies: PO Box 152, KINGLAKE 3763. Ph: 03-9419-6237.

**MELBOURNE, OUTER EASTERN** suburbs. Hi! My name is Ian. I am 49 yo, single, Aussie, never been married, my star sign is Leo and I'm 170 cm tall with no ties. I am a n/s and light social drinker. I have fair hair, blue eyes and I am a broadshouldered person of fairly solid build. I have a secure job and am financially secure. My religion is C of E and I am a regular churchgoer. I consider myself to be quite tidy, easy-going, gentle, caring, friendly, down-to-earth person. I am not into drugs. I am also mechanically minded, and a good handyman around the house. My interests are: classical music, gardening, concerts, picnics, flora & fauna, photography, camping, travelling, walking, dancing, looking after home, long weekends in the country. The lady I'd like to meet should be single, no ties, in the 35 to 47 age group give or take a year, who dresses casually, like myself, with view to friendship and companionship and a perm r/ship and marriage if compatible. Photo appreciated, but not necessary. This is a genuine ad, all replies answered and photos returned. Ian (GR 115), C/- PO Box 242, EUROA 3666.

**MORNINGTON PENINSULA** lady, 30 something, attractive, independent, SOH, teenage children, seeks friendship with refined biker, to 40ish. Just Wondering (GR 115), C/- PO Box 242, EUROA 3666.

## BUMPER ISSUE

Look out for our next GR issue:  
More pages of your favourite magazine,  
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**ARE YOU LOOKING** for a sincere, caring, loving man? Do you like to be pampered, given gifts, smothered in love & attention? Do you enjoy warm cuddly nights by the fire, home cooked meals, quiet walks along the shores of peaceful beaches? Do you like to travel & explore far away places? Do you want someone in your life who will be there through both the laughter & tears? Well look no further. I am 5'7" tall, 53 years of age, have a comfortable home in a beautiful bush setting, snuggled in the Dandenongs, also a cosy holiday home off the Gippsland Hwy. I am looking for a lady to share my life with, who wants my love and attention. A friendship that can grow into a warm, caring, loving & lasting r/ship. I intend to travel around Australia or overseas in the near future & would love to share my experience with someone special. Ph: Phipps, 059-684-101. Write: PO Box 561, EMERALD, Vic 3782.

**MAN, SOLID BUILD**, 46, 166 cm, mid-European descent. Living & building in Tarnagula area. Looking for slim intelligent lady with similar interests, for r/ship and share all nice things. Interests: natural therapies, wicca, fishing, herbs, psychology, read books. Just honest relationship, interested person apply. KP (GR 115), C/- PO Box 242, EUROA 3666.

Please print your ad clearly  
so we can do likewise

# GRASSIFIEDS

## CONTACTS

### VICTORIA

I AM STILL LOOKING for a soul mate to assist me in the conversion of my stone church into a cottage. Artistic, crafty, musical. Interested in alternative healing. About 40 yrs old. Compatible with a Libran, definitely female. John W (GR 115), C/- PO Box 242, EUROA 3666.

HEALTHY ATTRACTIVE WOMAN, 38 years old, with 3 kids, seeks caring capable man who loves kids. I'm into healing and spiritual development, positive thinking, didjeridoo, reiki, ostriches. SOLC student. Prefer nonsmoker, light social drinker. I own bush block and house in central Vic. Handyman building skills a bonus. Would consider eventual relocation. JG (GR 115), C/- PO Box 242, EUROA 3666.

I LOVE THE PEACEFULNESS of the bush. When I sense its absence, it's time to go camping. Out there, I take time to feel it and to appreciate its worth. I'm 30 something, nonsmoker, into travelling, natural therapies, astrology, culturally aware and very sensitive towards women's/children's issues. I am usually an adaptable, adventurous, strong-faithful woman. Am interested in meeting same for support, friendship and to share the journey of life. (Eltham). Ace of Cups (GR 115), C/- PO Box 242, EUROA 3666.

### SOUTH AUSTRALIA

SLIM, BLONDE, ENGLISH LADY, mid 50s, youthful positive outlook, general interests. Seeks caring grazer or farmer, for happy future. Photo appreciated. Julie (GR 115), C/- PO Box 242, EUROA 3666.

DOWN-TO-EARTH and easy-going 45 yo male would like to meet down-to-earth country loving, farm type woman with honest & faithful ways, who doesn't mind getting her hands dirty, to share the rest of my life with. My house is rough but cosy with a log on the fire, situated on my property in western Vic. Surrounded by cattle, dams, trees and lakes. The work keeps me busy but there is time for leisure and love for the right partner. I enjoy c&w music, fishing, and country life in general. Reply: Woody, Box 1016, NARRACOORTE, SA 5271.

PLACING AN AD?  
See page 68 for details

### WESTERN AUSTRALIA

VIRGO MALE, 40, nonsmoker, social drinker, positive outlook seeks honest open relationship with female 25-45. Lives 1 1/2 hr from Perth in quiet country area. Uni educated, naturist lifestyle. Practises aromatherapy, loves nature, music/movies. Child welcome. So escape from the city and maybe find your soulmate. Interested? Ph: Wayne, 018-858-593.

### OTHER

ANGIE FROM GIPPSLAND. We met all so briefly at the Byron Blues Fest. Hoping to make contact again. Please write: Jason (GR 115), C/- PO Box 242, EUROA 3666.

LYCIUM CONTACTS, for friendships, penpals etc. Send SAE for form. On return I will send list of names (no charge). Helen Watson, PO Box, PALMERSTON NT 0830.

FILIPINA LADY, 34 yrs old, single, industrious, loves gardening, cooking, wishes to correspond with Australian gentlemen with a view to marriage, 45 to 50 yrs old. Precy Hernandez, C/- PO Box 1038, Cebu City, PHILIPPINES 6000.

I AM UNMARRIED, fair, Christian girl aged 26 yrs, seeking penpals from Australia aged between 25 and 85 yrs. Hobbies are stamp collecting, coin collecting and reading foreign movie magazines. All letters will be answered promptly. Kumari Shalate, C/- Post Bag no 27, Secunderabad - H O 50003, A P State, INDIA.

MEET NEW FRIENDS, Scandinavia and worldwide. Free details, photos, Worldwide Contacts, Box 4026(G), S-42404 Angered SWEDEN.

PENFRIENDS OVERSEAS/AUSTRALIA. Please send SAE, PO Box 3311, WESTON 2611, AUSTRALIA.

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Look out for our next GR issue:  
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- Never use your full name, a first name is fine.
- It's safer to use a PO box than your home address.
- Never give your work phone number.
- Arrange a first meeting at a neutral crowded place such as a shopping centre.
- Don't rush things. Be sure about where you are headed, ask lots of questions and remember the answers.

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TARA SHIRE, 250 ac, dam, crk, mostly fenced, close to school, no power, no ph, no buildings, lightly forestly. \$45,000. Ph: 07-3800-6364.

CREEK FRONTAGE, perm crk, lined with river gums acts as western bndry on this 25 ac property, situated 70 km east of Surat SE Qld, 3 b/r, t/groove part renovated Qld'er with verandah, artesian borewater, stables, hayshed, hammermill. Makes excel basis for many alternative farming ideas. School bus. Genuine regretful sale due to personal reasons. \$65,000. Ph: 076-359-623.

DOUGHBOY, west Gin Gin 35 km, 230 ac hilly country, great views of Bundaberg, 4WD access. Vales & crks (seasonal). \$44,000 ONO. Ph: 015-139-716. Extras avail.

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- For best results state your requirements clearly and succinctly, but avoiding racist, sexist and offensive language.
- Get ads in early so we have time to contact you to clarify any questions which may arise.
- Neat printing is essential so we can print your ad correctly.
- When writing in reply to contact ads please bear in mind that most advertisers do not wish to receive 'R' rated letters.

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